



Evans Street
Woodville South SA 5011

phone: 08 8445 2744
fax: 08 8445 7454

dl.0497.info@schools.sa.edu.au
wwilleps.sa.edu.au

WOODVILLE PRIMARY SCHOOL SUNSMART POLICY

Context:

At Woodville Primary School we promote and follow the Cancer Council SA SunSmart guidelines regarding protective practices when participating in outdoor activities.

Rationale:

A balance of ultraviolet (UV) radiation exposure is important for health. Too much of the sun's UV radiation can cause sunburn, skin and eye damage and skin cancer. Sun exposure during childhood and adolescence is a major factor in determining future skin cancer risk. Too little UV radiation from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health. Sensible sun protection when UV is 3 and above does not put people at risk of vitamin D deficiency.

Objectives:

This SunSmart policy has been developed to:

- encourage the entire school community to use a combination of sun protection measures whenever UV Index levels reach 3 and above
- work towards a safe school environment that provides shade for students, staff and the school community at appropriate times
- assist students to be responsible for their own sun protection
- ensure families and new staff are informed of the school's SunSmart policy. Staff are encouraged to access the daily local sun protection times on the SunSmart app or <http://www.myuv.com.au/>, to assist with the implementation of this policy.

The school uses a combination of sun protection measures for all outdoor activities all year round and whenever UV levels reach 3 and above.

1. Clothing:

Sun protective clothing is included in the school uniform/dress code and sports uniform. The clothing is cool, loose fitting and made of closely woven fabric. It includes shirts with collars and elbow length sleeves, longer style dresses and shorts and rash tops or t-shirts for outdoor swimming.

2. Sunscreen:

- Students must provide their own SPF 30 or higher broad spectrum, water resistant sunscreen – named and kept on-site.
- Sunscreen is applied at least 20 minutes before going outdoors and reapplied every two hours.
- Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminder notices, included on visual 'Daily Program').
- The school does not provide sunscreen due to student allergies and sensitivities or medical reasons.



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- Families with children who have naturally very dark skin are encouraged to discuss their vitamin D requirements with their GP or paediatrician. In order to exempt individuals from wearing hats based on a vitamin D deficiency, a medical letter is required.
3. **Hats:**
All students and staff are required to wear hats that protect their face, neck and ears e.g. legionnaire, broad brimmed or bucket hats, whenever they are outdoors. Baseball or peak caps are not to be worn.
4. **Shade:**
- A shade audit will be conducted regularly to determine the current availability and quality of shade
 - The school council will ensure there is a sufficient number of shelters and trees providing shade in the school grounds, particularly in areas where students congregate e.g. canteen, outdoor lesson areas and popular play areas
 - The availability of shade is considered when planning excursions and all other outdoor activities
 - In consultation with the school council, shade provision will be considered in plans for future buildings and grounds
 - Care is taken during the peak UV radiation times, and outdoor activities are scheduled outside of these times or in the shade where possible. Sports days and other outdoor events to be held during term two or earlier in the day where practical
 - Students are encouraged to use available areas of shade when outside
 - Students who do not have appropriate hats or clothing will be directed to play in the shade or a suitable area protected from the sun.
5. **Sunglasses:**
The wearing of sunglasses is optional.
6. **Staff WHS and Modelling:**
As part of WHS UV risk controls and role modelling, when the UV is 3 and above staff will:
- wear sun protective hats, clothing
 - apply SPF 30 or higher broad spectrum, water resistant sunscreen
 - seek shade whenever possible. Families and visitors are encouraged to use a combination of sun protection measures e.g. sun protective clothing and hats, sunglasses, sunscreen and shade, when participating in and attending outdoor school activities.
7. **Curriculum:**
- Programs on skin cancer prevention are included in the Health curriculum for all year levels
 - SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school homepage, parent meetings, staff meetings, school assemblies, student and teacher activities and in student enrolment packs.
8. **Relevant Resources:**
- Sun protection times: The sun protection times show when the UV is forecast to be 3 and above. They can be accessed via the free SunSmart app – download via: <https://www.cancersa.org.au/prevention/sunsmart/sunsmart-resources/sunsmart-apps/sunsmart-app/> in the weather section of the newspaper or the Bureau of Meteorology website <http://www.bom.gov.au/sa/uv>
 - Creating effective shade: This online shade audit tool allows you to assess whether your existing shade is adequate. It also helps you develop a list of practical recommendations to improve both built and natural shade. Visit <http://www.sunsmart.com.au/shade-audit>
Generation SunSmart: Fun and interactive online sun protection modules for teachers, school nurses and year 6-9 students. Visit <http://www.generationsunsmart.com.au/>.

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