

Sun Protection Policy



**Wellard
Village**

PRIMARY SCHOOL

Wellard Village Primary School Sun Protection Policy

Purpose

This policy is a guide for the practices that WVPS will utilise to ensure students are protected from the sun. Given the amount of time students spend in schools, it is critical that adequate protection is provided during the school day. In addition to identifying the protection our school can offer from exposure to UV, our school setting also provides a valuable opportunity to influence positive behaviours and establish the use of daily lifelong sun protection practices. **At WVPS, we are educating Generation SunSmart.**

This policy has been developed in consultation with the WVPS Steering Committee and in accordance with the Department of Education's "Student Health Care in Public Schools Policy". This policy has also been developed utilising the WA Cancer Council's Sun Protection: Best practice guidelines for Western Australian schools. Any review or future changes will be made with the approval of the future WVPS School Board.

This Sun Protection policy provides guidelines to:

- ensure all students and staff have suitable UV exposure for Vitamin D but are also protected from over-exposure to UV radiation.
- ensure the outdoor environment provides shade for students, staff, and the school community at appropriate times.
- ensure students are encouraged and supported to develop independent sun protection skills to help them be responsible for their own sun protection.
- encourage the entire school community to use a combination of sun protection measures.
- support duty of care requirements; and
- support appropriate OHS strategies to minimise UV risk and associated harms for staff and visitors.

Education

As a school community, it is important that we take a collective responsibility in ensuring our children are educated about sun safety including the UV Index.

- **Ultraviolet radiation:** UV radiation damages the DNA in skin cells. Damage to the skin can result in premature ageing and increases the risk of developing skin cancer. UV levels peak in the middle of the day when the sun is directly overhead. UV radiation cannot be seen or felt and is different to infra-red radiation (heat), therefore UV levels are not directly related to temperature.
- **The UV Index:** The UV Index indicates the strength of UV radiation reaching the ground. A UV level of 3 is high enough to cause damage to unprotected skin, therefore it is important to protect skin when the UV level is 3 and above. The higher the UV Index value, the greater the potential for skin damage.



Sun protection practices for staff and students

Recommended sun protection strategies

Cancer Council WA recommends that schools employ as many of the measures below as possible whenever students and staff are outside while the UV Index is 3 or higher.



Our School will adopt the Cancer Council's recommended sun protection strategies for when the UV is 3 and above:

Slip: Uniform, clothing, and hats:

- Cool, loose-fitting, sun protective clothing made of densely woven fabric is included in our school uniform / dress code and sports (team) uniform. It includes shirts with collars and elbow-length sleeves, shorts/skorts that are mid-thigh and rash vests or t-shirts for outdoor swimming.

Slop: On SPF30 Sunscreen:

- All students and staff are encouraged to apply their own sunscreen before school and prior to outdoor activities.
- Students will be actively encouraged to provide their own SPF30 (or higher) broad-spectrum, water-resistant sunscreen in their own school bags to apply regularly throughout the day.
- The school will supply SPF30 (or higher) broad-spectrum, water-resistant sunscreen for staff and student's use for Physical Education.
- Strategies are in place to remind students to apply sunscreen before going outdoors.

Slap: On a sun protective hat:

- All students are required to wear hats that protect their face, neck and ears (reversible school bucket hat), whenever they are outside. Peak caps and visors are not considered a suitable alternative.
- Students without hats will remain protected from the sun and are encouraged to play in shaded areas.
- 'yes hat, play in the sun', 'no hat, play in the shade'.

Seek: Shade:

- We will continue to ensure that there is adequate provision of shade within the school grounds for students and staff.
- Students will eat lunch and recess in their classrooms to ensure that they are eating in a shaded location.
- Our two main playground structures are located under purpose-built shade structures.
- Shade is also located in our Undercover Area, Library and outside TB2, TB3 and TB4 common use areas.
- We encourage staff and students to use shaded areas when outside.
- Students who do not have appropriate hats or sun protective clothing are asked to play in the shade or a suitable area protected from the sun.
- The availability of shade is considered when planning all other outdoor activities.
- We ensure that adequate shade (temporary shade structures) is provided at sporting carnivals and outdoor events.
- Shade provision is considered in plans for future buildings, grounds, and playground equipment. This is inclusive of building a future planned shade structure for Physical Education instruction on the oval in the years to come.

Slide on sunglasses (if practical):

- Where practical, students are encouraged to wear close-fitting, wrap-around sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.

Staff- Occupational Health and Safety and Role Modelling

To support health and safety legislation, staff are required to wear sun protective hats when supervising students. Staff, students, and visitors will act as positive role models and demonstrate SunSmart behaviour when attending school by:

- wearing sun protective clothing.






- applying SPF30 or higher broad-spectrum water-resistant sunscreen.
- wearing a sun protective hat (broad-brimmed, bucket or legionnaires style).
- using and promoting shade; and
- wearing sunglasses that meet the Australian Standard 1067.

Families and visitors are encouraged to role model sun protection measures when attending outdoor activities.

Implementation

This policy is to be implemented when the forecast average monthly UV Index in our area is 3 or above (available from www.bom.gov.au). Throughout Western Australia, UV levels reach 3 or above during all school terms. The sun protection practices outlined in this policy will be applied to all school activities, including sports carnivals, excursions, and camps. Provisions will be made for students who do not have adequate sun protective clothing or hats and these students will not be excluded from play or physical activity, though activities may be restricted to shaded areas.

Practices for each UV level and alternative activities for when the UV is high

UV Rating	Physical Education Lessons	Play at break times
	Physical Education lessons to be conducted in the classroom .	No play outside, children will be provided with alternate play opportunities with classrooms and internal activity areas .
	Physical Education lessons to be conducted in the Undercover Area .	Children to play outside only in shaded areas : Undercover Area, ECE undercover playground, Year 1-6 covered playground, Library and alcoves outside of internal activity areas.
	✓	✓
	✓	✓
	✓	✓

Curriculum

Staff at WVPS will teach students the three key areas of the Western Australian Health Curriculum, with a focus on safety, including being safe in the sun. Our staff will incorporate programs on skin cancer prevention into the curriculum at all grade levels with a focus on:

- Being healthy, safe and active
- Communicating and interacting for Health and Wellbeing
- Contributing to healthy and active communities

At WVPS students will have opportunities to develop behaviours associated with lifelong practices that enable students to be safe in the sun. Staff are expected to reinforce sun smart behaviours and remind students about sun protection prior to going outside.

Future Planned Actions

- Apply to become a SunSmart School
- Purchase a UV meter to be displayed in the school