

Jells Park Primary School SUNSMART POLICY

Purpose:

That the children and other members of the Jells Park Primary School community practise informed, safe, protective behaviours when outdoors to minimise skin damage caused by the ultra-violet rays from the sun and get some UV exposure to help with vitamin D.

Guidelines:

- To assist with the implementation of this policy, staff and students are encouraged to access the daily local sun protection times at sunsmart.com.au, via the SunSmart widget on the school's website or via the free SunSmart app.
- A combination of sun protection measures are used for all outdoor activities during the sun protection times (whenever UV levels reach 3 and above), typically from **September to the end of April** in Victoria
- SunSmart behaviours will be encouraged whenever the UV levels reach three and above.
- The SunSmart Policy will be positively enforced from September to April of each school year.
- The SunSmart Policy provides simple, practical and effective strategies to assist in the prevention of skin damage caused by over exposure to ultra-violet rays from sun during school activities.

Implementation:

- All children will be required to wear a school uniform broad-brimmed or Legionnaire's hat, which protects the face, ears and neck, for all outdoor activities - including recesses, sport, camps and excursions – from September to April each year and any other day in which the UV readings are above the recommended safe level.
- Sun protective clothing is included in our school uniform/dress code and sports uniform. School clothing is cool, loose fitting and made of densely woven fabric. It includes shirts with collars and elbow length sleeves, longer style dresses and shorts or rash vests for outdoor swimming.
- Children without hats or appropriate clothing will be required to sit in the shade of the courtyard or another teacher– designated shaded area.
- All classrooms will be provided with SPF30+ or higher broad spectrum sunscreen and teachers will encourage children to apply cream regularly, especially prior to and during, outdoor exposure.
- Strategies are in place to remind students to apply sunscreen before going outdoors (e.g reminder notices, sunscreen monitors, sunscreen buddies).
- The school council makes sure there is sufficient number of shelters and trees providing shade in the school grounds particularly in areas where students congregate e.g lunch, canteen, outdoor lesson areas and popular play areas.
- Children will be encouraged to use available shaded areas for outdoor activities, where practicable.
- Teachers will act as role models by wearing hats and sunscreen whilst on duty and during other outdoor activities.
- Parents and other adults within the school community will be encouraged to model SunSmart behaviours when visiting school, assisting with sport, camps, excursions and during other outdoor activities from September to April each year.

- The SunSmart message, including information on skin cancer prevention, will be regularly incorporated into planned classroom Health and Safety lessons.
- Sunsmart information will be included in School Newsletters and other publicity mediums as required.
- Where practicable, outdoor activities will be held in areas of shade from September to April each year.

Evaluation:

- This Policy will be reviewed as part of Jells Park Primary School's review cycle.
- This Policy will be reviewed in consultation with SunSmart as part of Jells Park Primary's SunSmart accreditation.

References:

- Sunsmart Website and App.