



# Albany Primary School Sunsafe Policy

## Rationale

A balance of ultraviolet radiation (UV) exposure is important for health. Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. Exposure to the sun's UV during childhood and adolescence is associated with an increased risk of skin cancer in later life. Too little UV from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health. In our school we seek to support the physical wellbeing of all our students and staff and therefore take into account the above mentioned health matters.

## Purpose

The purpose of this policy is to provide guidelines that:

1. Ensure all children and staff are well protected from too much UV exposure by using a combination of sun protection measures whenever UV levels reach 3 and above.
2. Ensure the outdoor environment is sun safe and provides shade for all.
3. Ensure children are encouraged and supported to develop independent sun protection skills.
4. Support duty of care and regulatory requirements
5. Support appropriate OHS strategies to minimise UV risk and associated harms for staff and visitors.
6. Ensure all children and staff have some UV exposure for vitamin D.

## Guidelines

1. The school will regularly review the extent to which students access outdoor areas, the play areas themselves, the times the students are outdoors and the sun safe behaviours of both students and staff.
2. Each year class teachers will conduct learning sessions that focus on sun safe behaviours and the impact of the sun on health and well-being including potential benefits and harm to the body.
3. Staff will actively model sun safe behaviours.
4. The school will regularly promote and advise students about being sunsafe through POD meetings, PA notices and assemblies.
5. Staff will take into account such matters as time of day, time in the sun and the type of activity being undertaken in full sun, shade or part shade and make decisions to ensure the health and well-being of the students under their care.
6. During school activities shade areas will be made available for students and staff to use.
7. During physical activities that require students to be in the sun for lengthy periods of time sunscreen will be available through classes and in the physical education teacher's first aid kit. Students will be asked to use sunscreen when and where appropriate.
8. Students preparing for physical education activities or waiting for turns (eg being in the batting side) will be required to wear their sun-safe hat. If the game enables sun-safe hats to be worn then students need to be wearing them. A legionnaire style cap may be used by students as an alternative to the broad-brimmed hat.
9. All students playing in dappled shade and sunny areas will be required to wear a sun safe hat (see School Dress Code).
10. All students are to wear the school uniform that is confirmed as sun safe.
11. Students wishing to use sunscreen during recess and lunch will be able access this as they leave the classroom.
12. The school community will be provided with information through pamphlets, websites and newsletters about sun safe measures and processes.
13. The school will continue to ensure there is an ongoing development of shady areas for students to use.
14. New students, parents and staff will be made aware of the school's sun-safe policy.
15. The school administration will support and counsel students and parents where there is an issue about sun safe behaviours or inappropriate clothing for a given school activity.
16. Students who are allergic to sunscreen will be supported by parents and staff to take alternative sun-safe measures.

## Conclusion

The school staff will continue to monitor and review information from research about sun safe processes that may benefit the students and staff of Albany Primary school and then develop processes to implement these after consultation with parents and students.