

# Sun Safe Policy

## Murray Bridge South Primary School

To help protect students and staff from the harmful effects of the sun, students and staff are to avoid or limit exposure to the sun when they are outdoors.

At Murray Bridge South Primary School we implement a **sun safe** program that addresses the following areas:

### Hats and Protective Clothing

Students need to wear articles of sun-protective clothing, including hats, when outdoors, and are required to have these on when outdoors at school - every school day without exception.

As required by our uniform policy, the hat to be worn by students is a broad-brimmed (at least 6cm) or a legionnaire style hat. Caps and visors are not considered sun safe.

The school uniform shirt is the optimum style for sun protection for the torso and shoulders. On days when uniform is not compulsory, sun safe shirts still need to be worn.

### Sunscreen and Lip Balm

Students are encouraged, year-round, to use sunscreen and/or sun-protective lip balm. Before going outdoors, teachers and staff are reminded to apply sunscreen if they have it. The school office keeps a supply of sunscreen which can be used at anytime.

### Sunglasses

When students are outdoors they are encouraged to wear sunglasses that protect the eyes from UV rays.

### School Environment

At the beginning of each school year, teachers will help students identify shady areas that they can go to in the school when outside of their classrooms.

The children are reminded of these options in hot weather. In especially hot weather, a 'Hot Weather Day' will be declared and students can remain in their classrooms during recess and lunchtime.

### Shade Options

During times of 'Extreme' UV index ratings, students should not be taken outdoors in the sun by teachers for more than 30 minutes per day – the Gym and the Covered Outdoor Learning Area (COLA) will be used during lunchtime, for physical activity and for PE.

### Instruction

Teachers shall include in the curriculum from Reception through to Year 7, information that relates to skin cancer and the harmful effects of UV rays. This should include recommended practices for preventing overexposure to the sun.

### Parent/Guardian Communication

The school will inform parents / caregivers about the importance the risks of developing skin cancer in our climate. The communication may include the school newsletter and take-home fliers.

### Personnel

Staff and visitor to our school will be strongly encouraged to protect themselves from overexposure to the sun and to model sun-safe behaviour for students by the wearing of hats and sun safe clothing.

## Health Services

The Cancer Council of South Australia will be invited to come to the school to speak about sun protection and safety strategies.

## Areas of Responsibility

### THE SCHOOL WILL:

- Encourage students to wear bucket hats, broad brimmed hats or legionnaires hats – this is stated clearly in the Murray Bridge South Primary School Uniform Policy endorsed by the School Council;
- Students not wearing hats to play will be confined to the Resource Centre or given a Time Out if they are in the school yard;
- Have students eat lunch in the shade when eating outdoors.
- Provide sunscreen for students to access at any time during normal school days;
- Encourage sunscreen use;
- Make use of the shaded areas such as the COLA or the Gym during hotter months of the year;
- Incorporate education programs that focus on skin cancer prevention into the school Health and PE curriculum and use all opportunities to reinforce the SunSmart message;
- Encourage all staff to act as positive role models for students in all aspects of SunSmart behavior. This includes wearing hats for all outside lessons and outside duties and wearing SunSmart clothing, hats and sunglasses;
- Ensure that staff, and visitor act as positive role models in SunSmart behavior;
- Seek ongoing support from parents and the school community for the SunSmart policy and its implementation through newsletters, at assemblies and at parent meetings;
- Include sun protection information in notes home about sporting events or excursions;
- Ensure that 30+ broad spectrum sunscreen is included in the first aid kits that are taken on excursions;
- Review the SunSmart policy regularly, in line with the policy review process.

### PARENTS WILL:

- Ensure that their child has a bucket hats, broad brimmed hats or legionnaires hat;
- Support the Murray Bridge South Primary School Sun Protection Policy;
- Encourage their children to apply sunscreen before prolonged periods outdoors, e.g. at sporting events or excursions.
- Be encouraged to act as positive role models by practicing SunSmart behaviour when volunteering at school sporting events or excursions.

### STUDENTS WILL:

- Be aware of the Murray Bridge South Primary School Sun Protection Policy;
- Take responsibility for their own health and safety by being SunSmart.
- Be encouraged to be aware of their skin types and the need for the particularly fair skinned students to be vigilant.
- Wear a school approved hat when outdoors.
- Apply their own 30+ broad spectrum, water resistant sunscreen before going outdoors for extended periods of time;
- Use shaded or covered areas when outdoors and not wearing a hat.
- Be encouraged to act as positive role models for other students in all aspects of SunSmart behavior.

## Evaluation

The **School Council** will evaluate and revise the sun safe program, and address identified shade needs, annually.

(6<sup>th</sup> December 2011)