



Littlehampton Primary School & Preschool

Also applies to OSHC

Sunsmart Policy

Revised & endorsed by Governing Council, 2007
Updated 2009, 2013, 2016

This policy is for implementation throughout the whole school year.

The sun emits different types of radiation – visible light that we see, infrared radiation (heat) that we feel and UV radiation that we cannot see or feel. It is the UV radiation that does the damage to our skin. Temperature does not affect UV radiation levels, so even on cool, cloudy days UV radiation levels can be damaging. Even if exposure does not cause obvious sunburn, damage still occurs and accumulates over the years.

Students, staff and parents helping within the school will be encouraged to use the following skin protection strategies:

1. Reschedule outdoor activities outside of the peak UV times of the day in Terms 1, 3 and 4 where possible. Download SunSmart Alert via <https://www.cancersa.org.au/cut-my-risk/sunsmart/resources/sunsmart-app-and-widget> which provides the best guide to daily UV levels.
2. Sun protection measures are not used during Term 2. Exposure to sunlight when the UV is below 3 helps to maintain vitamin D, vital for the development and maintenance of strong, healthy bones.
Note: for all day outdoor activities (e.g. sports day, excursions, camps) in Term 2, consideration will be given to sun protection measures necessary for a UV reading of 3 or above.
3. Outdoor activities, e.g. fitness, PE, swimming lessons and sports day will be scheduled at the earliest time of day as is practicable, in conjunction with other sun protection practices such as, utilising any available natural shade and portable shade, wearing suitable hats, protective clothing and applying sunscreen as necessary. School assemblies will be held indoors or under shade where possible.
4. The Resource Centre will normally be open for students' use during lunch period. The Gymnasium will be available to students and classes will be rostered to use it on one day each week.
5. The 'Sun Smart' message will be reinforced in classroom activities for all year levels at the beginning of each year and in terms 3 and 4 and promoted to the whole school community via general school procedures e.g. newsletters, assemblies, so that all staff and families are informed of the policy. The Sunsmart App will be accessible on all teachers' iPads, and teachers of JP children will be encouraged to add the checking of daily UV levels to their morning routines.
6. Students will be:
 - Required to wear suitable broad brimmed or Legionnaire style hat, as described in the school uniform policy, whenever involved in outdoor school activities during terms 1, 3 and 4 of the school year. This is the recommended position of Cancer Council SA. Students not wearing a hat will be required to move to a shaded area of the school.
 - Encouraged to wear appropriate skin protective clothing which is included in the school uniform.
 - Encouraged to use SPF 30+ broad spectrum, water resistant sunscreen. Students will be asked to supply their own sunscreen from home and staff will encourage the application during lunch eating time prior to going outdoors during Terms 1, 3 and 4. Reapplication every two hours will be required if outdoors for extended periods or during water activities. There will be a container of sunscreen supplied to each classroom for those children who have permission to use

sunscreen but have forgotten to bring it to school. This information, in writing, will be sought at the beginning of each school year.

- Actively encouraged to use and seek available areas of shade for all outdoor activities.
7. The uniform policy supports the wearing of school shirts with sleeves and a collar and longer-style skirts, shorts and dresses. Preschool children are encouraged to wear clothing with collars and longer sleeves and longer-style skirts, shorts and dresses.
 8. Staff and parents will be encouraged to role model appropriate sun protection strategies including the wearing of appropriate hats and clothing and applying sunscreen.

The Littlehampton Primary School Sun Protection Policy will be reviewed regularly (at least every three years) using current information and resources available through Cancer Council SA or other reputable agencies.

OHSC Services will also monitor UV levels daily as they are a unique setting and often operate outside of the peak UV times of the day.

Before school care: Children attending before school care do not need to practise sun protection measures as the UV radiation levels are rarely above 2 during this time. Services are to check local sun protection times.

After school care: This policy is implemented during terms 1 and 4 and whenever the UV levels reach 3 and above at other times. Staff are encouraged to access the SunSmart UV Alert at <http://www.bom.gov.au/sa/uv> to find out daily local sun protection times to assist with the implementation of this policy, and to determine if children are required to use sun protection measures.

Vacation care: This policy is implemented for all outdoor activities during terms 1, 3 and 4 and whenever UV radiation levels reach 3 and above at other times. Staff are encouraged to access the SunSmart UV Alert at www.bom.gov.au/sa/uv to find out daily local sun protection times to assist with the implementation of this policy.

Hot Weather Policy

High temperature and vigorous exercise places some people at risk of heat illness. If untreated, heat illness can lead to the more serious and potentially life-threatening condition of heat stroke. Most advice involves simple rules of common sense. Listen to your body and stop or slow down if you feel unwell. This is particularly important for children. Make sure that you have access to cool drinking water, wear a good hat and take particular care in the hottest parts of the day or year.

To protect the students from heat-related illness and injury, on days when temperatures are extreme students will:

- be directed by class teachers and yard duty teachers to stay in shade areas during lunchtime, or in classrooms at the discretion of the Principal/Deputy. Teachers are provided with a whistle to direct students into the shade when needed.
- drink plenty of water when temperatures are high to prevent dehydration.
- wear light, loose-fitting clothes to prevent over-heating.

Refer <http://sma.org.au/resources-advice/policies-guidelines/hot-weather/> for more information on hot weather guidelines.

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