**KILKENNY PRIMARY SCHOOL**

**SUNSMART (UV protection) POLICY**

**RATIONALE**  
It is important to have a healthy balance of ultraviolet radiation (UV) exposure. Too much UV can cause sunburn, skin and eye damage and skin cancer. Overexposure to UV during childhood and adolescence is a major factor in determining future skin cancer risk. Too little UV can lead to low vitamin D levels. Vitamin D is necessary for the development and maintenance of healthy bones and muscles, and for general health.

Kilkenny Primary School is a registered Sun Smart school. Our Sun Smart Policy has been developed to ensure that all students and staff attending this school are protected from skin damage caused by the harmful ultraviolet rays of the sun. It is to be implemented during Terms 1, 3 and 4 and when the UV is 3 and above at other times.

**AIMS**

The aim of the Sun Smart Policy is to provide procedures and curriculum which will enhance the knowledge of the sun’s effect on our lives, and the practices that assist in a balance between sun protection and healthy sun exposure.

**OBJECTIVES**

This SunSmart Policy has been developed to:

* Ensure all students and staffs get some UV for vitamin D.
* Encourage the entire school community to use a combination of sun protection measures whenever UV Index levels reach 3 and above to minimize skin and eye damage and skin cancer risk.
* Work towards a safe school environment that provides shade for students, staff and the school community at appropriate times.
* Assist students to be responsible for their own sun protection.
* Ensure that families and new staff are informed of the school’s SunSmart policy.

Staffs are encouraged to access the SunSmart UV via the SunSmart app or via the Bureau of Meteorology website find out daily local sun protection times to assist with the implementation of this policy.  
  
We use a combination of sun protection measures for all outdoor activities during Terms 1,3 and 4 and whenever UV levels reach 3 and above at other times. A UV radiation level of 3 is strong enough to damage skin and eyes.

**IMPLEMENTATION**

Families and visitors are encouraged to use a combination of sun protection measures (sun protective clothing and hats, sunglasses, sunscreen and shade) when participating in and attending outdoor school activities.

As part of general Sun Smart strategies, our school has identified a threefold approach to implementing the Sun Smart Policy. The approach covers the areas of behavior, curriculum and environment.

**Behavior:**

* Children are required to wear broad-rimmed school hats, which protect the face, neck and ears whenever they are outside (e.g. play breaks, sport, and excursions; compulsory in Terms 1, 3 & 4).
* Encourage parents / guardians to provide their children with SPF 30 or higher, broad spectrum sunscreen which will be kept at school in the child’s bag or tray.
* Encourage the daily application of sunscreen before school and 20 minutes prior to going outdoors and reapplication every 2 hours when outdoors or more frequently when involved in water activities or perspiring.
* Encourage children to use available areas of shade for outdoor activities.
* Encourage staff and parents to act as role models by practicing Sun Smart behaviors.

**Curriculum:**

* Incorporate programs on skin cancer prevention into the curriculum at all grade levels.
* Regularly reinforce Sun Smart behavior’s in a positive way through e-News (newsletters), as well as student and teacher activities.
* Ensure that the Sun Smart policy is reflected in the planning of all outdoor events (e.g. camps, excursions, sporting events).

**Environment:**

* Organize outdoor activities to be held in areas of shade whenever possible.
* Work towards increasing the number of shelters and trees so as to provide adequate shade in the school grounds.
* Where possible, activities are scheduled outside of the peak UV times of the day, such as earlier in the day.

**STATEMENT CONSIDERATIONS:**

**1. Shade**

* A shade audit is conducted regularly to determine the current availability and quality of shade.
* The school makes sure there is a sufficient number of shelters and trees providing shade in the school grounds, particularly in areas where students congregate, e.g. outdoor lesson areas and popular play areas.
* The availability of shade is considered when planning excursions and all other outdoor activities.
* In consultation with the School Leaders, shade provision is considered in plans for future buildings and grounds.
* Students are encouraged to use available areas of shade when outside.
* Students who do not have appropriate hats or outdoor clothing are asked to play in the designated areas protected from the sun.

**2. Clothing**

* 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 longer sleeves, longer style dresses and shorts.

**3. Hats**

* All students and staff are required to wear hats that protect their face, neck and ears, i.e. legionnaire, broad brimmed or bucket hats, whenever they are outside. Baseball or peak caps are not considered a suitable alternative.

**4. Sunglasses [OPTIONAL]**

* Students and staff 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.

**5. Sunscreen**

* Students must provide their own SPF 30+ broad spectrum, water resistant sunscreen.

**6. Physical Education**

* “No Hat, No Play” during Terms One and Four; students without the correct school hat will not be permitted to participate in Physical Education or Interschool Sport
* Sunscreen will be encouraged by all staff.
* A correct sport uniform must be worn to all P.E. lessons and sports days; this includes a collared shirt (where the collar sits above the collar bone) and a minimum of mid-thigh length shorts / skirts / pants.
* Sports requiring students to wear a specific singlet (supplied by the P.E. Department) are those of cross country, athletics, basketball and football. When students participate in these sports they are required to wear their sports uniform over the top of these singlet’s until the event actually begins.
* Decisions based on the appropriateness of particular students dress in relation to this policy will be made by the Sport Coordinator or a School Leader.

**7. Staff OHS and Role modeling**  
  
As part of OHSW UV risk controls and role-modeling, when the UV is 3 and above staff:

* wear sun protective hats, clothing and sunglasses when outside
* apply SPF 30+ or higher broad spectrum, water resistant sunscreen
* seek shade whenever possible

**Curriculum**

* Programs on skin cancer prevention and vitamin D are included in the curriculum for all year levels.
* SunSmart behavior is regularly reinforced and promoted to the whole school community through e-News, staff meetings, school assemblies, student and teacher activities and on student enrolment.

**REVIEW**

July 2017