



Together we thrive

📍 247 Main Road, Willunga SA 5172
☎ (08) 8556 2234
✉ dl.0744.info@schools.sa.edu.au
🌐 www.willungaps.sa.edu.au

SunSmart Policy

RATIONALE

Being SunSmart means a balance between sun protection to lower the risk of skin cancer and sun exposure for the production and maintenance of vitamin D. Ultraviolet (UV) radiation is both the major cause of skin cancer and the best natural source of vitamin D. Vitamin D is essential for the development of strong bones and muscles.

Overexposure to UV radiation from the sun causes skin damage, with childhood and adolescence being critical times when this exposure is more likely to contribute to skin cancer later in life. Children are at school five days each week, forty weeks each year during the peak UV radiation times. This means it is essential for schools to not only have practices in place to protect students in their care but also to educate and role model the importance of sun protection.

As a SunSmart School we recognise the balance between sun protection to reduce the risk of skin damage and sun exposure for vitamin D production. Our school implements sun protection during terms 1, 3 and 4 and when the UV is 3 and above at other times. This policy applies to all school events on and off-site.

AIMS

The Sun Smart Policy aims to promote among students, staff and wider school community:

- positive attitudes and behaviours towards skin protection.
- awareness of the harmful damage caused by ultraviolet rays balanced against the value of vitamin D.
- personal responsibility for decision making about skin protection.

GUIDELINES

- The school uses 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. Staff are encouraged to access the daily local sun protection times on the SunSmart app, myuv.com.au or the Bureau of Meteorology website www.bom.gov.au/sa/uv to assist with implementing this policy.
- Staff and students are to wear a broad brimmed hat, or bucket hat or Legionnaires hats when outdoors during terms 1, 3 & 4 and whenever UV levels reach 3 and above at other times.
- Care is taken and where possible, outdoor activities are rescheduled outside of peak UV radiation times
- A combination of sun protection measures including the availability of shade are considered when planning outdoor events and activities e.g. camps, excursions, sporting activities and swimming carnivals.
- Encourage students to seek shade for outdoor play and school activities.
- School Dress Code includes shirts with collar, longer style shorts, skirts, trousers and dresses and children are encouraged to wear these at all times. Rash tops or t-shirts over bathers are required for outdoor swimming activities.



Government of South Australia
Department for Education



Together we thrive

- Students who are not wearing appropriate hats or clothing are asked to play in areas protected from the sun. Student Services have a limited supply of hats available if student's do not have a hat on occasion. These are signed out and in at Student Services and laundered by the school. If students repeatedly don't have a hat and are signing one out, this needs to be followed up with the Parents.

SCHOOL'S RESPONSIBILITIES

- a) Skin protection and associated behaviours is addressed in classrooms in line with the curriculum.
- b) Regularly reinforce this policy via established modes of communication.
- c) Staff role model and reinforce WH&S practices and SunSmart behaviours, including wearing sun protective clothing, sunscreen, appropriate hats and sunglasses and seeking shade when outdoors. Visitors and parents are to be encouraged to do the same.
- d) The school provides an appropriate number of shelters and shaded areas around the school.
- e) Provide suitable clothing and hats in the Dress Code

Students are actively reminded to apply sunscreen whilst at school 20 min before going outdoors and to reapply when the UV is 3 and above. All students are required to reapply 20 minutes before going outside, no later than 3 hours and 40 minutes after school commences. All classes to are provided with 4-hour sunscreen.

HOME RESPONSIBILITIES

- a) The school's Sun Smart Policy and its implication for children will be sent home for parent information.
- b) Parents/carers can actively and positively encourage their children to practice positive skin protection by providing them with an appropriate hat and SPF 30+ broad spectrum, water resistant sunscreen (for their child's use only).
- c) Parents/carers can act as positive role models to help their children be sun-smart.
- d) Send children dressed in the school dress code.

CONCLUSION

This has been developed and implemented to not only protect the students and staff in their care from overexposure to UV radiation but also meets our duty of care for students and WH&S obligations for staff. The school reviews its SunSmart policy regularly (at least every three years) to ensure that the information remains current and relevant.

Ratified: November 2021

Review: 2024



Government of South Australia
Department for Education