



SUN SMART POLICY

At East Torrens Primary School, we are committed to the raising awareness of skin cancer and the importance of skin protection. This policy is for implementation from 1st August to 30th April and during May when the UV is 3 and above. When the UV is below 3 in May (Term 2) sun protection is not required and hats, sunscreen and full shade need not be used, so as to receive vitamin D from the sunlight, vital for the development and maintenance of strong, healthy bones.

This policy includes services provided by Outer School Hours Care (OSHC) and Vacation Care, and although the OSHC operates outside the peak UV times of the day, monitoring of the UV levels daily is still recommended to assist with vitamin D production.

This is achieved by:

- All students and staff must wear the uniform 'bucket hat', to shade face, neck and ears, at all times in Terms 1, 3 and 4 which includes 1st August to 30th April, and any other time of the year when the UV is 3 and above.
- The school community is encouraged to wear a hat when outside for school activities.
- If students do not have a hat, for circumstances as specified above, then the 'No hat, no play' rule applies and students must play in designated shaded and sun-protected areas.
- Students are provided with time indoors or shaded areas to eat lunch when the UV is peaking over the middle of the day.
- Indoor areas and appropriate outside areas (e.g. under verandah spaces) are available at all play-times to offer alternative play spaces. (The Extreme Weather Policy applies when the temperature reaches 36C).
- The school uniform provides appropriate sun protection, in accordance with our 'Dress Code Policy'. This includes close fitting t-shirts or rash vests over bathers for swimming and/or aquatic activities. Clothes worn on Casual Days must also comply with Sun Smart practices, including tops with collars and longer style sleeves and longer style shorts, dresses and skirts.
- Staff and children are encouraged to wear sunglasses which meet Australian Standard AS/NZS 1067:2003 for sunglasses (category 2, 3 or 4) if practical to do so.
- Staff and parents are encouraged to act as role models by practising Sun Smart behaviours by wearing appropriate clothing, (families and visitors are also encouraged to comply by wearing hats, applying sunscreen, seeking shade when outdoors).
- Where possible, outdoor activities are scheduled outside of the peak UV times of the day.
- A combination of skin protection measures are considered when planning outdoor events (camps, sports carnivals, excursions, swimming activities etc.)
- All staff and students are encouraged to use SPF 30+ or higher broad spectrum, water resistant sunscreen for outdoor activities. **In the event of skin allergies, parents can provide their own sunscreen which must be SPF30+ broad spectrum, water resistant, so as to provide effective protection.**

- Students are actively reminded and encouraged to apply sunscreen 15 - 20 minutes before going outside and reapply every 2 hours or more often if outdoors for extended periods (e.g. sports days, camps, sports carnivals, excursions, swimming activities etc).
- Sun Smart behaviour is regularly reinforced to the whole school community (newsletter, assembly, website) and skin cancer prevention is included in beginning of year orientation activities, as well as the Health/Science curriculum.
- The Cancer SA Sun Smart UV link will be provided to all staff daily via OneNote (www.cancersa.org.au/sunsmart-apps).
- This policy will be reviewed regularly (at least every 3 years) to ensure the information remains current and relevant for up to date practice.

Provision of Indoor areas for Recess and Lunch play at East Torrens Primary School:



Computer Room



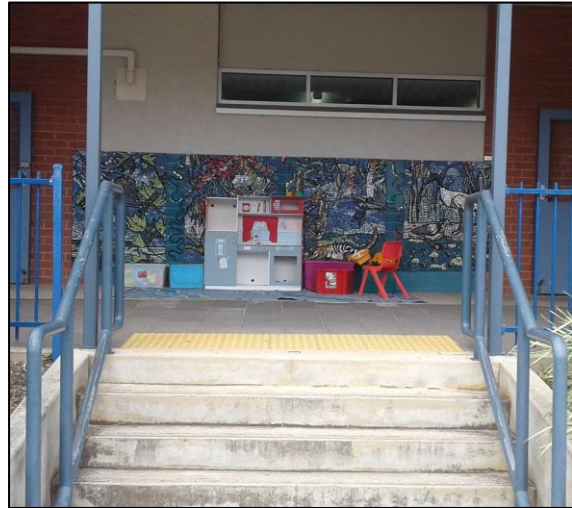
Resource Centre



Gymnasium

RESPECT EXCELLENCE *Empathy* **COMMUNITY**

Provision of shaded play spaces around East Torrens School include:



Covered playground areas,
verandah and shady trees
provide Sun Safe areas
for play at
East Torrens Primary School.