



# **NAREENA HILLS PUBLIC SCHOOL**

## **SUNSAFE POLICY 2015**

Policy review date April 2018

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### **Sun Safety Policy**

Developed 1996/7, Reviewed 2005 and  
Updated 2015

Reference: This document incorporates material from a number of School Welfare resources including the Sample Sun Smart Policy for Primary Schools issued by the Cancer Council of NSW and the Memorandum to Principals 90.027 Student Welfare: Protection from the Sun.

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This policy applies to all school events on and off site.

#### **Purpose**

This SunSmart policy provides guidelines to:

- Ensure all students and staff have some UV exposure for vitamin D.
- Ensure all students and staff are well protected from too much UV exposure by using a combination of sun protection measures whenever UV levels reach 3 and above.
- Ensure the outdoor environment is sun safe and provides shade for students and staff.
- Ensure students are encouraged and supported to develop independent sun protection skills.
- Support duty of care requirements.
- Support appropriate OHS strategies to minimise UV risk and associated harms for staff and visitors.

#### **Background**

A balance of ultraviolet radiation (UV) exposure is important for health. Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. Exposure to the sun's UV during childhood and adolescence is associated with an increased risk of skin cancer in later life. Too little UV from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health.

#### **Legislation and Standards**

Occupational Health and Safety Act 2004

Education and Training Reform Act 2006: Sch.5 Reg. 1 (1.2)

#### **General School Strategies**

A combination of sun protection measures will be used for all outdoor activities from **September to the end of April** and whenever UV levels reach 3 and above.

- Children will be encouraged to wear hats which protect the face, neck and ears whenever they are outside, e.g. sport, carnivals, outdoor excursions and activities. The wearing of sun safe hats that provide protection from the sun is encouraged and promoted.
- Children who do not have a hat will be directed to sit in a designated area in the shade. (Children will be encouraged to use shade areas for outside games and activities.)
  - Sport times whenever possible will be held prior to 11.00 am OR students will be encouraged to wear a hat and sunscreen if Sport occurs after 11:00am.

- Lunch will be held between 11.10 - 11.50 am and recess from 1.50 - 2:15 pm. Between September and April and whenever UV levels reach 3 and above, students will be encouraged to apply sunscreen.
- Staff members are requested to act as role models by practising good sun protection behaviours.
- The sun protection plan will be reviewed along with other school policies. The school's sun protection statement / action plan will be re-submitted to the Cancer Council every 3 years.

**Our school will:**

- Ensure hats are a part of the school uniform and that adequate shade is available for sporting and outdoor events wherever possible.
- Ensure that where possible, parents have the option to choose uniforms that are protective with collars and longer sleeves.
- Encourage staff and parent helpers to wear protective clothing when outdoors e.g. GA when mowing/gardening; staff when supervising outdoors; parents when working with children.