



SALISBURY HEIGHTS PRIMARY SCHOOL

SUN SMART POLICY



Government of South Australia
Department for Education

Related policies, procedures, guidelines, standards, frameworks	<ul style="list-style-type: none">- Education Act 1972- Department for Education Attendance Policy
Approved by:	<ul style="list-style-type: none">- Governing Council
Approval date:	<ul style="list-style-type: none">- 7/8/24
Review date:	<ul style="list-style-type: none">- 2027



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

Rationale

A balance of ultraviolet (UV) radiation exposure is important for health. Too much of the sun's UV radiation can cause sunburn, skin and eye damage and skin cancer. Sun exposure during childhood and adolescence is a major factor in determining future skin cancer risk.

Too little UV radiation from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health. Sensible sun protection when UV is 3 and above does not put people at risk of vitamin D deficiency.

Objectives

This sun protection policy has been developed to:

- Encourage the entire school community to use a combination of sun protection measures whenever the UV Index reaches 3 and above.
- 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 families and new staff are informed of the school's sun protection policy.

Procedures

Policy implementation times

Staff are encouraged to check the daily sun protection times each morning for our location using the free [SunSmart Global UV app](#), [SunSmart widget](#), myuv.com.au or the [Bureau of Meteorology website](#) to support the implementation of sun protection at the school.

The school uses a combination of sun protection measures for all outdoor activities during terms 1, 3 and 4.

Scheduling

The sun protection policy is implemented from 1 August to 30 April or terms 1, 3 and 4 and when levels are 3 and above for all outdoor school activities.

The school's sun protection policy is regularly reinforced and promoted to the whole school community including staff, volunteers and families through newsletters, the school website or forum.

A combination of sun protection measures are considered when planning outdoor activities such as camps, excursions, sporting activities and water-based activities.

Care is taken during the peak UV radiation times, and outdoor activities are scheduled outside of these times, where possible or in the shade.



Peak UV times of the day are when the UV is highest during the daytime and differ from the local sun protection times issued by the BOM, which change daily. For an implementation guide peak UV times of the day are 11.00 am-3.00 pm during daylight savings and 10.00 am-2.00 pm during non-daylight savings.

Sun protection measures

1. Hats

- All students and staff are required to wear a broad-brimmed, legionnaire or bucket hat which protects the face, ears, and neck during terms 1, 3 and 4 whenever involved in an outdoor activity whether it is at school or outside of school on excursions. Students not wearing a hat will be excluded from the activity.
- Any child in the yard not wearing a hat in terms 1, 3 and 4 will be sent to a designated shaded area.

2. Clothing

Appropriate sun protective clothing is included in the school uniform/dress code. Clothing made of a closely woven material including tops with collars and long sleeves are recommended. Rash tops or t-shirts over bathers are recommended for outdoor swimming activities.

Students who do not have appropriate sun protective clothing are asked to play in the shade or a suitable area protected from the sun.

3. Sunscreen

SPF 50+ broad-spectrum, water-resistant sunscreen will be available in classrooms and for excursions for student and staff use. Children will be actively encouraged to apply sunscreen 20 minutes before going outdoors and re-apply every 2 hours when on excursions.

- Families with children who have sensitive skin are asked to provide a suitable SPF 50+ broad-spectrum water-resistant sunscreen for their child's use.
- Families with children who are concerned about vitamin D requirements are encouraged to speak to their GP or paediatrician.
- Students are encouraged to apply sunscreen before arriving at school.
- Students are supervised to reapply every 2 hours when remaining or returning outdoors.
- Written permission is obtained from a parent or carer before applying sunscreen to a child or young person who needs help to apply it.

4. Shade

- Staff are to use available areas of shade for outdoor activities as much as possible and actively encourage students to play in the shade.
- Students who are not wearing a SunSmart hat or appropriate clothing are asked to play in the shade or return indoors.
- The availability of shade is considered when planning excursions and all other outdoor activities.



- Staff are to use available areas of shade for outdoor activities as much as possible and actively encourage students to play in the shade.
- The school Governing Council ensures there are sufficient numbers of shelters, portable shade structures and trees providing shade in the school grounds, particularly in areas where students frequent e.g. canteen, outdoor lesson areas and popular play areas.
- In consultation with the school Governing Council, shade provision is considered in plans for future buildings and grounds.
- Care is taken during the peak UV radiation times and outdoor activities are scheduled outside of these times, where possible.
- When the UV is 3 and above play in shaded areas is encouraged or indoor play is allowed.

5. Sunglasses (optional)

Students and staff are encouraged to wear close fitting, wraparound sunglasses that provide the best protection against ocular UV damage. Sunglasses should meet Australian standard AS/NZS 1067 (Sunglasses: lens category 2, 3 or 4) and cover as much of the eye area as possible. Novelty tinted glasses do not protect against UV radiation and are not recommended.

6. Staff WHS and role modelling

Alternatively, UV risk controls for staff can be covered in a separate Work Health and Safety policy.

For Work Health and Safety and role modelling, when the UV is 3 and above, staff are required to practice SunSmart behaviours including:

- wearing sun protective hats, clothing, and sunglasses when outside
- applying SPF 50+ broad-spectrum, water-resistant sunscreen
- seeking shade whenever possible

Families and visitors are encouraged to use a combination of sun protection measures when participating in or attending outdoor school activities.

7. Learning and Development

Sun protection education is incorporated into the curriculum for all year levels.

8. Policy promotion

Sun protection information and the sun protection policy is promoted to the whole school community through newsletters, school homepage, parent meetings, staff meetings, school assemblies, student, and teacher activities and in student enrolment packs.

Policy review

The school will review the policy regularly (at least every three years) and revise the policy when required. The school will notify any relevant stakeholders should any significant policy updates be made (e.g., families, staff, Cancer Council SA).

Date of next policy review: 2027



Legislation

- **Work Health and Safety Act 2012**

Relevant resources

Generation SunSmart – Online professional development modules

These online professional development modules include content on skin cancer, UV radiation, how to protect your skin, and how to apply this to your education and care setting. Visit: [Primary and secondary school staff](#)

Generation SunSmart – Online sun protection learning modules

Online learning modules suitable for students in year 4 and up, or anyone who wants to know more about skin cancer, UV radiation and sun protection. Visit: [School students and the community](#)

Twinkl Curriculum Resource

Free sun protection curriculum resources suitable for Foundation to Year 6 to be used in classroom teaching and learning activities. Visit:

[Foundation – Year 6 sun safety curriculum resources](#)

SunSmart Literature Activities

Literature resource activities for over 20 picture books with various themes related to the sun, weather, the seasons, sun protection and skin. Visit: www.generationsunsmart.com.au/sunsmart-literature-activities/

SunSmart Hat-Wearing Toolkit

Leads staff through simple steps, with useful tips and resources to reinforce current SunSmart hat-wearing behavior to reach 100% compliance or to phase out baseball caps. Visit: <https://www.cancersa.org.au/prevention/sunsmart/sunsmart-resources/hat-wearing-toolkit>

