



Sunsmart & Extreme Weather Policy

The aims of the **SunSmart (UV radiation protection) Policy** are to promote among students, staff and parents:

- positive attitudes toward skin protection
- lifestyle practices which can help reduce the incidence of skin cancer and the number of related deaths
- personal responsibility for the decision-making about skin protection
- awareness of the need for environment changes in schools to reduce the level of exposure to the sun

RATIONALE

Australia has one of the highest incidences of skin cancer in the world. More than two in three Australians will be diagnosed with skin cancer in their lifetime.

There are four factors, often occurring simultaneously, which contribute to these statistics:

- Ultraviolet (UV) radiation from the sun is of sufficient intensity to damage skin
- For most of this century social values have supported the belief that a suntan is healthy and attractive.
- Lifestyle, work, school and recreational habits expose people to the sun for long periods.

Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Most of the damage occurs during childhood and adolescence. Research suggests that sunburn and sun exposure is a contributor to skin cancer and other forms of skin damage such as wrinkles, sunspots, blemishes and premature ageing. Most skin damage and skin cancer is, therefore, preventable. Schools can help reduce the incidence of skin cancer and the number of related deaths by encouraging all members of the school community to take effective skin-protection measures. 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 whenever UV is 3 and above does not put people at risk of vitamin D deficiency.

IMPLEMENTATION

The following procedures are implemented during terms 1, 3 and 4 and when the UV radiation level is 3 and above at other times. When the UV is below 3 in term 2, staff and students are encouraged not to wear sun protection for vitamin D. Staff and students are encouraged to check the UV daily via the SunSmart app or via the Bureau of Meteorology website.

As part of general skin-protection strategies:

- Children will wear broadbrim hats in school hours whenever they participate in outdoor activities (including sport, sports carnivals, outdoor excursions and activities) during terms 1, 3 and 4 and when the UV radiation level is 3 and above at other times.
- Children who do not have their hats with them will play in a specified area protected from the sun.
- Children who do not have their hats with them for outdoor activities (eg sport, sport carnivals, outdoor excursions etc.) will be excluded from those activities.
- Children will be encouraged to use available areas of shade for outdoor play activities.
- Outdoor activities will be held in areas of shade whenever possible.
- Children will wear the school uniform which offers adequate protection through tops with collars and longer style shorts, dresses and skirts
- Teachers will endeavour to schedule outdoor activities outside of the peak UV times of the day where possible or conduct activities in the shade where possible

As part of Work Health and Safety UV risk controls and role modelling, when the UV is 3 and above staff will:

- Wear sun protective hat, clothing and sunglasses when outside
- Apply SPF30 or higher broad spectrum, water resistant sunscreen
- Seek shade whenever possible

Our school will:

- Ensure that students wear approved broad brim school hats that are appropriate and satisfy the Cancer Council guidelines.
- Consider a combination of sun protection measures when planning outdoor events (eg camps, swimming, excursions etc)
- Endeavour to provide more shelters and shade trees.
- Ensure the use of SPF 30+ or 50+, broad spectrum, water-resistant sunscreen by staff and students.
- Sunscreen is applied 20 min before going outdoors and reapplied every 2 hours when outdoors when the UV is 3 and above
- Incorporate programmes on skin cancer prevention and sun protection in its curriculum for all year levels, including UV levels and implications.
- Reinforce regularly the Sun Smart Policy in a positive way through newsletters, parent meetings, student and teacher activities.

When enrolling a child, parents will be:

- Informed on the Sun Smart Policy.
- Encouraged to purchase a school hat or provide an appropriate hat for their child's use. Caps are not a suitable form of sun protection
- Encouraged to provide SPF 30+ or 50+ broad spectrum, water-resistant sunscreen for their child's use. The Parents and Friends Association generously provides sunscreen for use during the school day.

This policy is reviewed regularly (at least every 3 years) to ensure that the information remains current and relevant. The SunSmart Team at Cancer Council SA will be informed of changes to this policy to maintain SunSmart membership/recognition.

Wet Weather Policy

The decision as to whether it is too wet for students to go outside to play or whether play is to be restricted to covered areas is made in response to weather changes.

If it begins to rain while students are in the yard, the Principal /Deputy/Assistant Principal will assess the situation. 2 Blasts on siren indicate that students are to find shelter, 3 indicate children are to return to their classrooms.

Where the siren is sounded 3 times, indicating no outside play, teachers use a pairing system, to be arranged at the beginning of each school year, to share supervisory duties. In each case, teachers designated on normal yard duty at the time are to accept the major supervisory role.

Children will remain indoors until the "all clear" is sounded; decision to be made by Principal/Deputy Principal/Assistant Principal. On resuming play, students are to be warned that it is unwise to use play equipment after heavy rain as it is often very slippery.

Teachers should use their own judgement about student trips to the canteen, toilet, office, etc during rain. Umbrellas can be used as it will be necessary to perform some tasks, but students should obviously not be sent outside in heavy rain or thunderstorms. If heavy rain occurs during lesson time specialist teachers may go to the students' classroom if requested.



Lightning Policy

Burnside Primary School abides by the 30/30 Lightning Safety Guideline.

Stop play if the time between seeing a lightning flash and hearing thunder is less than 30 seconds. Immediately seek safety under or within an appropriate shelter (a building if available). Do NOT shelter under trees, particularly an isolated tree. Do NOT stand close to any metallic structures including goal posts. If on an open field away from any shelters, keep as low and as small as possible. I.e. crouch keeping feet together and do not touch any objects or people near you. Do not resume play until at least 30 minutes has passed since the last thunder was heard.



Hot Weather Policy

On days of 36+ degrees the following measures will be taken to ensure the safety and welfare of our students.

- Our classrooms are air conditioned and our policy will therefore mainly relate to recess and lunchtimes. Temperatures are regularly monitored through the BOM.
- Students will remain indoors at recess and lunchtimes.
- During summer months, students need to be reminded by class teachers of the need to drink plenty of fluids, to wear their hats at all times outdoors during times of extreme heat, to refrain from vigorous activity and to seek shaded areas.
- Students will not be dismissed before the usual home time of 3.10pm.
- Outdoor PE classes will be conducted inside the gym when the temperature is above 36 degrees.



The Principal/Deputy Principal/Assistant Principal, will make special arrangements where unusually extreme weather conditions prevail.

Bushfire Policy

At the commencement of each school year, students who live within designated bushfire areas are identified. Information will be requested from parents. In the event of a bushfire students will remain at school until collected by a parent, family member or friend.

