



Sun Smart Policy

Colonel Light Gardens Primary School

Ratified May 2018

This policy is implemented during terms 1, 3 and 4.

The purpose of the policy is to ensure that all students attending Colonel Light Gardens Primary School are supported in practical ways to protect themselves from skin damage caused by the harmful ultraviolet rays of the sun. Sun exposure during childhood and adolescence is a critical factor in determining future skin cancer risk. When the UV radiation level is 3 or above it is strong enough to damage unprotected skin. In South Australia UV levels are 3 and above every day from the beginning of August until the end of April making this the most important time for skin protection.

In line with the Department for Education guidelines and our SunSmart status, Colonel Light Gardens Primary School uses a combination of sun protection procedures, including no hat, play in the shade, during terms 1, 3 and 4, and when the UV is 3 and above at other times. When the UV is below 3 in term 2, sun protection is not necessary for vitamin D. Staff are encouraged to access the daily sun protection times via the SunSmart app, www.myuv.com.au or www.bom.gov.au to assist with implementing this policy.

This policy means that:

1. Students will wear sun protective clothes (not tank tops, singlets) for all activities. The school uniform includes tops with collars and longer style sleeves, and longer style shorts, dresses and skirts.
2. Students will wear broad brimmed or legionnaire style hats whenever they are playing outside or involved in outside activities. This includes hats for out of school hours sporting activities, school excursions and out of school hours care program. Students are required to wear a style of hat that gives protection to the face, neck and ears. Hats must be worn during terms 1, 3 and 4 during recess and lunchtimes and for all outdoor lessons. Students without appropriate hats will be required to sit or play in a designated shaded area. For health reasons, hats cannot be 'on loan' if a student has forgotten or lost his or her hat. Children are encouraged also to wear a hat to and from school. Hats should be in school colours. The approved school sun safe hats are available from the uniform supplier.
3. Additionally, special school events held outside in term 2, will require hats and sun protection to be worn if the UV level is predicted to be 3 and above. Families will be notified in advance on a case-by-case basis.
4. Students, who are not wearing hats, are to spend play times in the shade area under the big pine tree. Our policy is 'no hat play under the shady tree.'
5. For Work Health and Safety, staff, OHSC staff and sporting coaches and coordinators are required to be positive role models who practice sun smart behaviours including wearing a sun protective hat, clothing, sunscreen, sunglasses and seeking shade.
6. The school will maintain, upgrade and endeavour to increase the number of sheltered and shaded areas. Students are encouraged to seek shade during play breaks.
7. The availability of shade is considered when planning outdoor activities and excursions.
8. The school will incorporate sun smart activities into teaching programs and will endeavour to program outdoor activities outside of the peak UV times of the day or conduct in the shade where possible.
9. The school will positively reinforce the policy through displays, newsletters, assemblies and other forms of communication. All new staff and families will be notified of the policy.
10. Due to the high incidence of students with documented allergies, the school does not recommend a particular brand of sunscreen. This is left to each parent or carers discretion. For the same reasons, the school does not provide sunscreen in classrooms for student use. Parent and carers are given the responsibility to send along their choice of a sunscreen to school if daily use is required or desired. We only keep an emergency supply of a SPF 30+ sunscreen for excursions and sports days for those students who may come to the excursion or activity unprepared.
11. Students are reminded to apply their own water resistant SPF 30+ broad spectrum sunscreen prior to outdoor activities to all exposed areas of the body, and reapply every 2 hours when outdoors. Time is allocated before each lunch break and during excursions for students to apply sunscreen.

Please note: T-shirts or sun suits to be worn for all outdoor swimming activities.

On enrolment of their child at Colonel Light Gardens Primary School parents and carers will:

- be informed of the Sun Smart Policy, in the School Information Booklet
- be required to provide a suitable hat everyday for their child's use in all outdoor activities (refer to point 2 above for suitable styles, caps are not a suitable alternative)
- be invited to provide if they so desire a 30+ broad-spectrum, water resistant sunscreen for their child's daily use at school
- be encouraged to practise skin protection behaviours themselves, as positive role models for their children and to reinforce the Sun Protection Policy to their children.

Out of School Hours Care

As before and after school hours care operates outside of the peak UV radiation times of the day, the following sun protection implementation times applies:

Before school care: sun protection is not required as the UV radiation levels are rarely above 3 during this time.

After school care: sun protection is required during terms 1 and 4, and whenever the UV is 3 and above at other times. Staff are encouraged to access the daily sun protection times to determine if sun protection measures are required during terms 2 and 3.

Vacation care: sun protection is required for all outdoor activities during terms 1, 3 and 4.

Policy Review

Date of next review: October 2021