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SUNSMART & INCLEMENT WEATHER POLICY

Policy Updated: Term 4, 2022

This policy applies to all school events and OSHC, 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 UV Index levels reach 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.

Legislation

- Work Health and Safety Act 2012

Procedures

Staff are encouraged to access the daily sun protection times on the **SunSmart app**, myuv.com.au or bom.gov.au/uv/index.shtml to assist with implementing this policy.

The school and OSHC uses a combination of sun protection measures for all outdoor activities during terms 1, 3 and 4, and whenever UV levels reach 3 and above at other times. A combination of skin protection measures are considered when planning outdoor events (e.g. camps, excursions, sporting activities and swimming carnivals).

OSHC implementation times:

Before school care: sun protection is not required, as the UV Index is rarely 3 and above at this time.

After school care: sun protection is required during terms 1, 3 and 4, and whenever the UV is 3 and above at other times. Staff are encouraged to access the daily local 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 from 1 August to 30 April and whenever UV reaches 3 and above at other times.

Clothing

Sun protective clothing is included in the school uniform/dress code and sports uniform. The clothing is cool, loose fitting and made of closely woven fabric. It includes shirts with collars and elbow length sleeves, longer style dresses and shorts and rash tops or t-shirts for outdoor swimming.

Sunscreen

- Staff and students must provide their own SPF 30 or higher broad spectrum, water resistant sunscreen. Sunscreen is available in the front office if required. Sun screen is also available where there is prolonged exposure to the sun such as at Beach Carnival and swimming lessons.
- Students are reminded to apply sunscreen at least 20 minutes before going outdoors and reapplied every two hours.
- Strategies are in place to remind students to apply sunscreen before going outdoors. Reminder posters visible in each classroom. Whole school ClassDojo posts regularly posted.
- Families with children who have naturally very dark skin are encouraged to discuss their vitamin D requirements with their GP or paediatrician.

Hats

All students and staff are required to wear a wide brimmed hat that protect their face, neck and ears whenever they are outside. Baseball or peak caps are not acceptable.

Shade

- A shade audit is conducted regularly to determine the current availability and quality of shade.
- The school council ensures there is a sufficient number of shelters, portable shade structures and trees providing shade in the school grounds, particularly in areas where students congregate (e.g. canteen, outdoor lesson areas and popular play areas).
- The availability of shade is considered when planning excursions and all other outdoor activities.
- In consultation with the school 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 or in the shade where possible.
- Students are encouraged to use available areas of shade when outside.
- Students who do not have appropriate hats or clothing are directed to stay under a hard shade area. Students without an appropriate sun protective hat can borrow a spare hat if one is available.

Staff WHS and role modelling

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

- wear sun protective hats, clothing and sunglasses when outside
- apply SPF 30 or higher broad spectrum, water resistant sunscreen
- seek shade whenever possible.

Families and visitors are encouraged to use a combination of sun protection measures (e.g. sun protective clothing and hats, sunglasses, sunscreen and shade) when participating in and attending outdoor school activities.

Curriculum

- Programs on skin cancer prevention are included in the Health curriculum for all year levels.
- SunSmart behaviour is regularly reinforced and promoted to the whole school community through ClassDojo posts, school website, staff meetings, school assemblies, student and teacher activities and in student enrolment packs.

Inclement Weather

Inclement weather is the existence of climatic conditions including but not limited to the following or combination thereof:

- Extreme high temperatures
- High Winds
- Exposure to ultraviolet radiation (UV)
- Severe dust or electrical storm
- Rain
- Hail
- High Humidity
- Snow

During extreme hot temperatures, where the predicted forecast is for 36 degrees or higher for NOARLUNGA, as stated on the Bureau of Meteorology (BOM) website <http://www.bom.gov.au/sa/forecasts/noarlunga.shtml> the following practices will occur:

Excursions/Camps

The day before an excursion the class teacher will advise parents of any alternative arrangements made if the projected weather forecast for the day of the excursion is forecast on the Bureau of Meteorology website to be 36 degrees or higher (e.g. travel by car to and from swimming/aquatics, cancellation of an excursion).

Excursions in air conditioned transport to air conditioned venues need not be affected by these guidelines. Alternative arrangements may need to be made to modify the programme at a camp.

Swimming/Aquatics

Aquatics/Swimming is deemed by the Department for Education and Childhood Development to be a suitable hot weather activity. Aquatics/Swimming will only be cancelled if the circumstances are deemed unsafe by the Centre.

Out of School Hours Sport

Saturday morning sport will be cancelled where the predicted forecast is for 36 degrees or higher for NOARLUNGA, as stated on the Bureau of Meteorology website on the evening prior to the sporting event. After school sport or activities will be cancelled the day before where the predicted forecast is for 36 degrees or higher for NOARLUNGA, as stated on the Bureau of Meteorology website two nights before the activity is to be held.

School Events: (e.g. Beach Carnival, walking excursions, sporting activities at school)

Students & families will be notified that the event has been cancelled. The staff member responsible for organising the activity will notify any outside organisers of the cancellation.

PE Lessons

The Gym is air conditioned and should be used for PE lessons on days when the temperature is forecast to be 36 degrees or higher on the BOM website.

The PE teacher has preference for use of the Gym.

Outside Play Breaks

During inclement weather students will not play outside at break times.

On most occasions the Hot Weather option will only apply at lunch times, as the temperature at recess time is usually well below the forecast maximum. Teachers working in 'paired' areas are able to release each other. For those teachers for whom this is not possible, specialist teachers will work with them to enable them to have some release time during hot or wet break times.

While our policy states that "During extreme hot temperatures, where the predicted forecast is for 36 degrees or higher for NOARLUNGA, as stated on the Bureau of Meteorology website the following practices will occur" – common sense sometimes needs to be applied to that condition. For example, sometimes we do not reach the predicted maximum.

Therefore, during an obvious heat wave where we are experiencing several days of very hot weather, the policy will be strictly applied. On other occasions we will track the weather on the BOM website (Noarlunga Station location) and gather feedback from staff, and make our final decision between recess and lunch. You will be informed if the Hot Weather Policy is to be applied.

Inclement Weather Sirens

Inclement weather will be indicated by four sirens. Two sirens will sound to indicate the end of inclement weather.

Policy review

The school council and staff regularly monitor and review the effectiveness of the sun protection policy (at least every three years) and revise the policy when required.

Date of next policy review: **20th July 2025**

Relevant resources

Sun protection times

The sun protection times show when the UV is forecast to be 3 and above. They can be accessed via the free **SunSmart app**, the free widget to place on your website (download via cancersa.org.au/cut-my-risk/sunsmart/resources/sunsmart-app-and-widget), myuv.com.au, in the weather section of the newspaper or the Bureau of Meteorology website bom.gov.au/sa/uv.

Creating effective shade

This online shade audit tool allows you to assess whether your existing shade is adequate. It also helps you develop a list of practical recommendations to improve both built and natural shade. Visit sunsmart.com.au/shade-audit.

Generation SunSmart

Fun and interactive online sun protection modules for teachers, school nurses and year six to nine students. Visit generationsunsmart.com.au.

SunSmart millionaire

How SunSmart are you? An innovative online game-based resource for children aged nine to 13 years that promotes the science behind the SunSmart message. Visit app.education.nsw.gov.au/rap/resource/access/a0d1bab8-c857-4bf6-9b95-640d3776b20d/1.

SunSmart hat-wearing toolkit

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

Bureau of Meteorology

The online Weather forecast can be found via this link: <http://www.bom.gov.au/sa/forecasts/noarlunga.shtml>