

Policy Number	Ratification Date	Reviewed	Review Date
37	Mar 16	Dec 2017	2020



SUNSMART & EXTREME HEAT POLICY

Definition

A healthy balance of the sun's ultraviolet (UV) radiation exposure is important for health. Too much UV from the sun can cause sunburn, skin damage, eye damage and skin cancer. Australia has one of the highest rates of skin cancer in the world. Two in three Australians will develop some form of skin cancer before they reach the age of 70. Over exposure to UV during childhood and adolescence is now a major cause of skin cancer.

Sun protection is needed whenever UV levels reach three or above. In Victoria average UV levels are three and above from the beginning of September to the end of April. During these months particular care should be taken during the middle of the day between 10am-3pm when UV levels reach their peak.

Too little UV from the sun can lead to low vitamin D levels. Vitamin D regulates calcium levels in the blood. It is also necessary for the development and maintenance of healthy bones, muscles and teeth. From May to August in Victoria, average UV levels are below three so sun protection isn't usually needed during these months.

Purpose

The policy aims to:

- Ensure that all children and staff maintain a healthy UV exposure balance
- 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 children, staff and the school community at appropriate times.
- Assist children to be responsible for their own sun protection.
- Ensure that families and new staff are informed of the school's SunSmart policy.

Guidelines & Implementation

From September to April

- All students and staff use a combination of sun protection from 1 September to 30 April (hats, sunscreen, protective clothing) in all outdoor activities during recess, lunchtimes, sport and other outdoor activities.
- Our Sun Smart policy is considered when planning all outdoor activities such as assemblies, camps, excursions, sporting events. Where possible we have outdoor events earlier in the day in high UV times of the year. eg Senior School Sport is held in the morning during Term 1 and Term 4.

Shade

- The school council is conscious of the need for a sufficient number of shelters and trees providing shade in the school grounds particularly in areas where children congregate.
- In consultation with the school council, shade provision is considered in plans for future buildings and grounds.
- Children are encouraged to use available areas of shade during the hottest part of the day.

Clothing

- Sun protective clothing is included as part of our school uniform. School clothing is made of close weave fabric and includes shirts with collars and longer sleeves, longer style dresses and shorts.

Hats

- All children, staff and parents or community helpers who attend camps, excursions and other outdoor activities are required to wear hats that protect the face, neck and ears, i.e. Broad brimmed hat or bucket hat, whenever they are outside. The bucket hat is preferred as it will stay on the head when students are running and playing. Baseball caps do not offer enough protection and are not permitted to be worn at school.

- Students without hats during recess or lunch must play in designated shade areas. During outdoor curriculum activities – the student will be required to sit in the shade.
- Hats can be purchased from the school uniform shop on Tuesday morning 8.30 – 9.30am. Parents are expected to make sure the hat is sent to school each day and clearly named inside the brim of the hat.

Sunscreen

- Parents are encouraged to put sunblock on students before school. All classrooms have SPF 30+ sunscreen available for the students to reapply at recess or lunch and teachers actively encourage this practice.
- Sunscreen is provided for students to use at all sporting and outdoor activities.

Role Modelling

Staff acts as role models by:

- Wearing sun protective hats, clothing and sunglasses while outside.
- Seeking shade whenever possible.
- Applying SPF 30+ broad spectrum, water resistant sunscreen as needed.
- Families and visitors are encouraged to use a combination of sun protection measures when participating in and attending outdoor school activities.

Curriculum

- Programs on skin cancer prevention and healthy UV exposure levels are included in the curriculum for all year levels.
- SunSmart behaviour is positively reinforced through newsletters, assemblies and student activities.
- When the temperature exceeds 30 degrees PE teachers may be determined to teach inside or in an appropriately shaded area.
- In order to avoid extreme heat, in terms one and four the EPS timetable will attempt to reflect more PE/Sport sessions in the morning. When extreme heat is expected all EPS school staff are committed to acting flexibly to revise the timetable as necessary.

Extreme Heat

In Victoria there are NO specific statutory or regulatory limits on the temperature to which workers/students can be exposed. In excessive conditions, students will be encouraged and supported to:

- Play in shaded areas
- Remain hydrated by accessing the drinking taps throughout the school day and by allowing students to have their personal water bottles with them in their classrooms.

In the event of the Principal determining that the temperature at school has exceeded/will exceed 36 degrees the following additional measures will be taken:

- Students will be supervised in classrooms during recess and lunch breaks – unless the temperature in particular rooms (for example west facing ELA, CAB and Prep rooms known to become excessively heated, whence they will conduct low level activity in outside shady areas).
- Teachers will proactively seek to provide regular additional breaks for students to access their water bottles and drinking taps during the school day.
- EPS will ensure all heat containing measures are operational and utilised (eg use of fans, existing air conditioners, external window awnings, shade cloths/sails, breeze louvres, open windows, put up temporary shade measures internally on sun affected windows (drawings and student art), west facing windows to have solar laminate and double-glazed, moving desks and workstations away from windows,
- Staff will be allowed to dress appropriately (more casually for hot weather), have established 'cool' areas including air-conditioned lunch rooms and provided with cool clean drinking water.

Review

The school council and staff regularly monitor and review the effectiveness of the SunSmart policy and revise as required.

Resources

- www.sunsmart.com.au
- <http://www.sunsmart.com.au/communities/early-childhood-primary-schools>
- <http://www.cliftonhillps.vic.edu.au/sub/files/policy/sunsmart-and-extreme-heat-policy-2010.pdf>
- <http://ohsrep.org.au/hazards/workplace-conditions/heat>
- <http://www.ohsrep.org.au/faqs/workplace-and-amenities/heat-when-is-it-too-hot>
- <http://www.worksafe.vic.gov.au/pages/forms-and-publications/forms-and-publications/working-in-heat>