

Macgregor Primary School - Sunsmart Procedures

These procedures are read in conjunction with the ACT Education Directorate's:

- Sun (UV) Protection for Students Policy (available online):
<https://index.ed.act.edu.au/our-people/whs/files-whs/SunUVProtectionforStudentsPolicy.docx>
- A UVR Protection Checklist For Schools (available online):
https://www.education.act.gov.au/_data/assets/word_doc/0005/811409/Attachment-A-UVR-Protection-Checklist-for-ACT-Schools-4.doc

Rationale

- This procedure, documents our sun protection practices in the areas of behaviour, curriculum and environment. These practices will be applied to all activities both during and out of school hours from the beginning of August through to the end of May when daily UV levels reach 3 or above
- Extra care will be taken between 10am and 3pm when UV levels peak
- This procedure has been developed to ensure that all students, teachers, school staff and visitors of Macgregor Primary School are protected from over-exposure to the harmful ultraviolet rays of the sun
- Australia has amongst the highest rates of skin cancer in the world. It is estimated that 99% of common skin cancers and 95% of melanomas are caused by sun exposure (UV radiation). Effective sun protection practices not only reduce a child's risk of skin and eye damage and ultimately skin cancer but should also ensure they obtain enough vitamin D from the sun to allow for healthy bone development and maintenance.

Aim of this procedure:

- increase student, teacher, school staff, families, visitor and community awareness of skin cancer
- assist students, teachers, school staff, visitor, families and community members to develop strategies that encourage responsible decision-making about sun protection
- work towards a safe school environment that provides shade for students, teachers, school staff, families, visitors and community members
- encourage students, teachers, school staff, visitor, families and community members to wear protective clothing (ie collars, longer shorts and dresses, longer sleeves), have fresh water, use protective accessories including effective hats and sunscreen during outdoor activities
- ensure that students, teachers, school staff, visitor, families and community members are informed of the school's Sunsmart procedure and are provided with appropriate educational resources

Implementation - our school acknowledges the following three areas as important ways in reducing UVR exposure:

1. **Behaviour**

- all students and staff are required to adopt a **combination** of sun protection behaviour between August and May (or when UV levels reach 3 and above). Due to Canberra's low UV levels during June and July (under 3) sun protection is generally not required during this period at school. This is to reduce the risk of Vitamin D deficiency in the ACT region
- we require students to wear broad brimmed, legionnaire or bucket hats between 1 August to 31 May each year.
- sunhat cords are removed to prevent children being at risk of strangulation accidents during play.
- teachers will check the Sunsmart Widget on the school's website when planning outdoor activities
- students/staff/teachers/visitors who wish to combine broad brimmed, legionnaire or bucket hats and other head gear for warmth or for religious or cultural reasons are able to do so with their hat taking the position of the outer most layer. For example:
 - a chador (black sheet held under the chin, draping over the head and body) or a rusari (head scarf completely covering the hair, ears and neck) may be worn by girls/women who have an Islamic faith
 - a turban may be worn for boys/men who have a Hindu Seik /Sikh faith
- parents and carers are encouraged to supply SPF 30+ broad-spectrum, water resistant sunscreen for their child to use
- if a child is allergic to sunscreen, parents/carers notify the school using the medical form completed at the beginning of each school year. Parents/carers have the option of providing a hypoallergenic sunscreen for their children
- in each unit, teachers have access to SPF 30+ broad-spectrum, water resistant sunscreen for those children that do not have their own in their school bag
- the use by date of sunscreen will be written in black text on the side of the bottle for easy viewing
- staff encourage the application of sunscreen before school and prior (10-15 minutes) to the recess and lunch breaks (ensure discussion with staff about the implications of this at regular intervals during staff meetings)
- all students are reminded, directed and encouraged to use the school's designated shade areas when playing, eating etc. This is particularly important during the daylight saving/summer months when UV levels peak
- we request staff and encourage community members at the school to act as positive role models by practising sunsmart behaviours and promoting positive attitudes toward sun protection
- we acknowledge and abide by 'Hats Off Day' (Last day of May) and 'Hats On Day' (first day of August) in the ACT as recommended by the *Cancer Council ACT's Sunsmart Program* every year.

- Students who do not have the appropriate sunsmart hat or clothing will be asked to play in a well protected area from the sun. If a student refuses, they may be excluded from an activity as their health is being compromised
- the wearing of sunglasses is encouraged. Wrap-around and close fitting style offer best protection (AS1067)
- preschool children are supplied with a school sunsmart hat at the beginning of their preschool year
- children wear protective ‘rashies’ or a close weave T-shirt when completing school based swimming or water park activities
- at outdoor school events, excursions and camps, staff will make regular broadcast announcements and partition time for sunscreen to be re-applied
- just prior to competitive races (swimming, cross country or track and field events for the purposes of gaining selection for ACT Sport representation), children can remove their protective clothing for the duration of the race only
- a water bottle and sunscreen will be listed on all outdoor excursion note packing lists
- advertising the purchase of school sunsmart hats will occur on the school’s website and periodically on the school’s Facebook page. Sun protective clothing is included and outlined in *Macgregor Primary School’s Uniform Code Procedures 2019*.

2. Curriculum

- Staff regularly reinforce sunsmart behavior in a positive way through newsletters, parent/carer meetings, enrolment, student and teacher activities, professional development, social media
- education on sun protection, UV exposure, skin damage and vitamin D is incorporated into our primary school curriculum
- sunsmart messages are positively reinforced and promoted throughout the school and to all staff, students and parents
- our *Sunsmart Procedures* and the *ACT Education Directorate’s Sun (UV) Protection for Students Policy* are reflected in the planning of all outdoor events
- families are provided with a school produced ‘sunsmart’ fridge flyer in October of every year
- teachers model and use descriptive feedback/supervision on how to apply sunscreen correctly
- 100% of teachers complete the *Cancer Council ACT ‘Generation Sunsmart’* online course once every three years <https://www.generationsunsmart.com.au/>

3. Environment

- sun protective clothing and accessory items are encouraged as part of the school uniform code, on excursions or when at camp
- teachers model the use of sunsmart behaviours including the wearing of sunsmart hats and protective clothing as a ‘*work health safety*’ activity at all school events
- teachers minimise outdoor activities between 11am and 3pm daylight saving time when UV levels are at their strongest



- outdoor activities are held in areas with plenty of shade exists whenever possible
- outdoor assemblies are scheduled early in the day or in an area where all students can be in the shade
- Macgregor Primary School has a plan to increase the number of shaded areas to provide adequate shade in the school grounds
- temporary shelters are erected at sporting and outdoor school events for sun protection
- children have access to tap water throughout the school day
- alternate indoor spaces and low activity arrangements are made available for students during extreme heat/high UVR days
- sunscreen is stored in all First Aid/excursion bags
- tap water / or bottled water is available at all events.

Budget

- purchase of school hats for all preschool children
- purchase of hats for some identified students as an equity issue
- purchase of sunscreen for use throughout the school
- create and distribute a school poster regarding our school SunSmart behaviours in October each year.

Evaluation

- this policy will be reviewed every three years and updated accordingly.

Revised by the School Board in November 2019