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# Sun Safety Guidelines



# Charlestown East Public School's Sun Safety Guidelines

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## Document History

Version	Author	Date
1.0	Michelle Unterrheiner	25 <sup>th</sup> September 2019

# Charlestown East Public School's Sun Safety Guidelines

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## Synopsis

This document supports Charlestown East Public School's implementation of the NSW Department of Education's Student Health in NSW Public Schools Policy and Sun Safety for Students Guidelines.

## Rationale

'Families, schools and communities share responsibility for the health, safety, welfare and wellbeing of children and young people in their care. The school community, including families, work together to take all reasonable actions to protect students from risks of harm that can be reasonably predicted due to ultraviolet radiation from the sun.' Sun protection times are a forecast for the time of day when UV levels will reach 3 or above. At these levels, sun protection is recommended for all skin types and the policy areas should be implemented. In NSW, UV levels are high enough (UV 3 or above) to damage unprotected skin most months of the year.

<https://education.nsw.gov.au/policy-library/associated-documents/Student-Health-in-NSW-Public-Schools-Sun-safety-guidelines.doc>

## Site Description

Charlestown East Public School is located on 2.75 hectares. The site has three large undercover learning areas that can be used for learning and as shaded areas during play. The school has a large number of trees that provide natural shade for the students during play. A shade sail provides shade for the students in our support unit.

## Objectives

- To promote sun safety as a health and safety issue;
- Staff, students and parents understand why sun safety is important and the actions that are required to protect themselves from ultraviolet radiation;
- To promote sun safety all year round; and
- Reduce the exposure to ultraviolet radiation contributing to a reduction in the incidence of later skin cancer and skin damage.

## Responsibilities

### School

- Promote and reinforce 'Have hat, will play', requiring students without hats to play in covered areas only;
- The school uniform complies with the guidelines for sun safe clothing i.e collar, sleeves, longer style dresses and shorts;
- Encourage wearing of the school's sun safe hat. The school uniform hat is a bucket style hat only;
- Encourage the use of swim shirts during water based activities;
- Risk assessment procedures for excursions and other school activities include sun safety;

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- Include sunscreen and a hat as essential items on permission notes for excursions and school activities where students may be exposed to ultraviolet radiation;
- Regularly assess the availability of shade in playground areas;
- Staff members model sun safe behaviours;
- Communicate sun safe guidelines through the school newsletter, on the Skoolbag app and on the website;
- UV levels and daily sun protection times are used to plan daily activities and ensure a correct understanding of local sun protection requirements;
- Use of sunscreen is encouraged and promoted and must be at least SPF30+ broad-spectrum water-resistant.
- Teach sun safety as part of the curriculum K-6; and
- The use of shade is promoted and encouraged when students are outdoors, particularly when UV index levels reach 3 and above.

### Parents

- Ensure that students bring a hat to school everyday;
- Support the school in promoting the wearing of the school's sun safe hat. The school uniform hat is a bucket style hat only;
- Provide at least SPF30+ broad-spectrum water-resistant for their child for daily use and for use on excursions
- Reinforce sun safe messages in the home;
- Model sun safe behaviours; and
- Consider sun protection in P&C projects and activities.

### Students

- Comply with 'Have hat, will play';
- Listen and follow messages from parents and staff regarding sun safe behaviours; and
- The school uniform hat is a bucket style hat only.

### Policy and Related Links

<https://education.nsw.gov.au/student-wellbeing/health-and-physical-care/sun-safety>

<https://education.nsw.gov.au/policy-library/policies/school-uniform-policy>

<https://app.education.nsw.gov.au/sport/Page/1114>

<https://education.nsw.gov.au/policy-library/policies/excursions-policy>

<https://www.cancer.org.au/>

### Review

These guidelines will be reviewed every three years to maintain the school's Sun Smart membership.