



# East Fremantle Primary School



## SunSmart Policy

This policy applies to all school events on and off-site.

Schools, in partnership with families and their communities, have an important role in reducing sun exposure because:

- Schools have a duty of care to protect students and staff from harm. A sun protection policy can assist schools to meet this obligation.
- The crucial period for sustaining damage from sun exposure occurs during the school years.
- Children are at school during peak UV radiation times.
- Schools can influence sun protection behaviours through education.

### Purpose

This SunSmart policy provides guidelines to:

- ensure all students and staff are protected from over-exposure to UV radiation;
- ensure the outdoor environment provides shade for students and staff;
- ensure students are encouraged and supported to develop independent sun protection skills to help them be responsible for their own sun protection;
- support duty of care requirements; and
- support appropriate OHS strategies to minimise UV risk and associated harms for staff and visitors.

### Background

Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer in later life.

### Shade

- The school makes sure there are sufficient shelters and trees providing shade in outdoor
- The school makes sure there are sufficient shelters and trees providing shade in outdoor areas particularly in high-use areas e.g. where students have lunch, canteen, assemblies, sports, outdoor lessons and popular play spaces.
- The amount of available shade is a priority in our Ground's Improvement Plan.
- In consultation with the school council, shade provision is considered in plans for future buildings and grounds.
- The availability of shade is considered when planning all other outdoor activities.
- Students are encouraged to use available areas of shade when outside.
- Students who do not have appropriate hats or outdoor clothing are asked to play in the undercover area protected from the sun.

### Slip on sun protective clothing

- Cool, loose-fitting, sun protective clothing is included in our school uniform / dress code and sports uniform. It includes shirts with collars and sleeves.

### Slop on sunscreen

- The school supplies SPF30 (or higher) broad-spectrum, water-resistant sunscreen for staff and student's use.

### Slap on a hat

- All students are required to wear hats that protect their face, neck and ears.
- Legionnaire, broad-brimmed or bucket hats are required to support the above protection measures.
- Peak caps and visors are not considered a suitable alternative.



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**\*\*\*Winter months-** During this time and dependant on the days UV rating, hats and sunscreen are not compulsory.

### Learning and skills

- Programs on sun protection are included in the curriculum for all year levels.

### Engaging children, educators, staff and families

- SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school website/intranet, staff and parent meetings, school assemblies, student and teacher activities and at student enrolment/new staff orientation.
- As part of OHS UV risk controls and role-modelling, staff, families and visitors are encouraged to:
  - wear a sun protective hat, covering clothing and, if practical, sunglasses;
  - apply sunscreen; and
  - seek shade whenever possible.

### Monitoring and review

The staff and school council monitor and review the effectiveness of the SunSmart policy and revise the policy when required ... Next Review 2020

Reference: WA Cancer Council; Sunsmart Schools.

### Becoming a SunSmart School in 2019

East Fremantle PS will join the nationally recognised SunSmart Schools program, which was launched in 1998. A SunSmart School is a school that has registered with Cancer Council WA and has a comprehensive sun protection policy that is put into action during all outdoor school activities. This policy must meet the criteria developed by Cancer Council WA.

### Why become a SunSmart School?

The SunSmart Schools program is free to join. If your school becomes a SunSmart School, Cancer Council WA provides the school with the following free resources:

- a SunSmart sign
- curriculum and supporting classroom resources
- advice on health promotion strategies including policy development
- access to educational resources
- SunSmart lesson guides and activities
- SunSmart talks to parents, staff and students.

