



# Mayfield State School SunSmart Policy



Be Prepared



Act responsibly



Work as a Team



Show respect

## 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. Given students and employees are at school during peak UV times, schools play a major role in providing an environment where policies and procedures can positively influence long-term SunSmart behaviour. Our SunSmart policy has been developed to ensure that all students, staff, parents and visitors attending Mayfield State School are protected from skin damage caused by harmful ultraviolet (UV) radiation from the sun.

## 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 WH&S strategies to minimise UV risk and associated harms for staff and visitors.

## Procedures

To assist with the implementation of this policy, staff and students are encouraged to access their daily local sun protection times via the [SunSmart widget](#) on the school's website, the free [SunSmart app](#), [myUV.com.au](#) or the Bureau of Meteorology website.

The sun protection measures listed are used for all outdoor activities during the **daily local sun protection times, when the UV Index is 3 or above**. The sun protection times are a forecast from the Bureau of Meteorology for the time of day UV levels are forecast to reach 3 or higher. At these levels, sun protection is recommended for all skin types.

This policy is implemented all year round. Wherever practicable, outdoor activities should take place before 10am and after 2pm, when UV levels are lower. As the UV level is often above three outside of peak UV periods, the UV level must be checked daily to ascertain when sun protection is required outside of peak UV periods. Multiple sun protection is required whenever the UV index level is forecast to reach three or above. In Queensland, the UV Index is usually at three or above all year around.

### OUTDOOR ACTIVITIES

#### 1. **Seek shade**

- 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, tuckshop, assemblies, sports, outdoor lessons and popular play spaces.
- 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 inside through our lunch club programs.
- In consultation with the P&C, shade provision is considered in plans for future buildings and grounds.
- A shade assessment is conducted regularly to determine the current availability and quality of shade.

#### 2. **Slip on sun protective clothing**

- Cool, loose-fitting, sun protective clothing made of densely woven fabric is included in our school uniform / dress code and sports uniform. It includes shirts with collars with sleeves, longer dresses and shorts and rash vests or t-shirts for outdoor swimming.

### 3. Slap on a hat

- All students are required to wear hats that protect their face, neck and ears (legionnaire, broad-brimmed or bucket hat), whenever they are outside. Peak caps and visors are not considered a suitable alternative.

### 4. Slop on sunscreen

- The school supplies SPF30 (or higher) broad-spectrum, water-resistant sunscreen for staff and student's use. Students are also able to supply their own sunscreen as well.
- Sunscreen is applied in accordance with the manufacturer's directions (which state to apply at least 20 minutes before going outdoors and reapply every two hours, or more frequently if sweating or swimming).
- Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminder notices, sunscreen monitors, sunscreen buddies).
- Sunscreen is stored in a cool place, out of the sun and the expiry date is monitored.

## Learning and Skills

We teach sun safety across Key Learning Areas in all year levels. This is particularly relevant to the Health and Physical Activity curriculum where safe practices are covered and implications of non-safe practices are explored in the upper years of primary school. As a result of this, students understand why sun safety is important and learn how to take effective sun protection actions.

## Engaging children, staff and families

Mayfield State School, in line with the expectations of the Department of Education, expects all members of the school community to be good role models for sun safe behaviour and will reinforce sun safe strategies regularly in newsletters, school assemblies, posters displayed throughout the school and by including education and information about sun protection for all year levels.

As part of WH&S, UV risk controls and role-modelling, staff, families and visitors:

- wear a sun protective hat, covering clothing and, if practical, sunglasses;
- apply sunscreen; and
- seek shade whenever possible.

## Monitoring and Review

Mayfield State School will review the policy every 2 years and keep the registration with the SunSmart Program current by membership renewal as required. The policy will be monitored and updates and suggestions from the school community are welcome at any point. Any changes and/or updates will be made available to the school community.

## Further information and resources

Cancer Council Australia

<http://www.cancer.org.au/about-cancer/types-of-cancer/skin-cancer.html>

Skin Cancer Foundation

<http://www.skincancer.org/media-and-press/press-release-2013/kids>

SunSmart curriculum resources

<http://www.sunsmart.com.au/communities/early-childhood-primary-schools/resources-primary-early-childhood>

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