

SUNSMART AND EXTREME HEAT POLICY

Clifton Hill Primary School

October 2014



PURPOSE

A healthy balance of the sun's ultraviolet radiation (UV) exposure is important for health. Too much UV from the sun can cause sunburn, skin damage, eye damage and skin cancer. Too little UV from the sun can lead to low vitamin D levels.

This policy aims to ensure that all students attending Clifton Hill Primary School are protected from skin damage caused by the harmful ultraviolet rays of the sun and from health risks associated with being exposed to high temperatures.

GUIDELINES

The Sunsmart policy is based upon the following documents:

- AusVELS – Physical, Personal and Social Learning domain
- Anti-Cancer Council research
- Victorian Government Schools Reference Guide: 4.5.11 Skin protection
- Building Quality Standards Handbook (BQSH): Section 7.5.5 Shade Areas
- Safe Work Australia: Guidance Note for the Protection of Workers from the Ultraviolet Radiation in Sunlight

IMPLEMENTATION

Children and staff use a combination of skin protection measures when UV levels are high. Particular care is taken between 10am and 3pm when UV levels reach their peak during the day. The following strategies will be implemented:

SUNSMART

- Students will be required to wear hats with a brim, or legionnaire hats from the beginning of September to the end of April, whenever they are outside classrooms.
- Students are expected to wear suitable clothing such as tops that cover shoulders, shorts/skirts that reach below mid-thigh
- Appropriate areas of shade will be provided in the playground and students will be encouraged to utilise these areas when playing outdoors or when engaged in school lessons outdoors
- Parents will be asked to provide SPF 30+ broad spectrum, water resistant sunscreen for their child's personal use.
- Staff will model Sunsmart behaviours to students

- Students who are not wearing approved hats and/or clothing will be directed to remain in a designated shaded area of the playground during recess and lunch times
- Students who do not have the approved hat and/or clothing will be unable to participate in outdoor activities, excursions and camps
- Upon receipt of a written parental request, students with specific medical needs will be exempted from the requirements in this policy to wear a hat and/or apply sunscreen

VITAMIN D DEFICIENCIES

Students diagnosed with vitamin D deficiencies are not required to wear hats during outdoor activities. Written notification must be provided by parents/guardians in accordance with medical advice. In circumstances of very high temperatures, all students will be required to wear their hat.

EXTREME HEAT

In all weather conditions students will be encouraged and supported to:

- Play in shaded areas
- Remain hydrated by accessing the drinking taps throughout the school day and keeping their personal water bottles with them in their classroom.

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
- Teachers will proactively seek to provide regular additional breaks for students to access their water bottles and drinking taps during the school day

PHYSICAL EDUCATION (PE) CLASSES

When the temperature exceeds 30 degrees PE teachers may determine to teach inside or in an appropriately shaded area.

TIMETABLING

In order to avoid extreme heat, in terms one and four the Clifton Hill Primary School timetabling will attempt to reflect more PE/Sport sessions in the morning. When extreme heat is expected all Clifton Hill Primary School staff are committed to acting flexibly to revise the timetable as necessary.

COMMUNICATION

This policy will also be published and reinforced through school newsletters, parent meetings and enrolment information.

REVIEW: 2016