

# SUNSMART AND HEAT

## PURPOSE

Murrumbeena Primary School recognises the high incidence of skin cancer in Australia so ensures children are encouraged and supported to develop independent sun protection skills. The school recognises the importance of the provision of outdoor areas that provide shade to minimise the risk of UV radiation and exposure to students and staff.

## AIM

To encourage the school community to be aware of the harmful rays of the sun and to take action to avoid skin damage.

Murrumbeena Primary School aims to maintain accreditation as a Sunsmart School.

To promote the adoption of good personal SunSmart practices.

To provide a safe environment where students are protected from high temperatures and UVR wherever possible.

## PROGRAM GUIDELINES

- To assist with the implementation of this policy, staff and students are encouraged to access the daily local sun protection times via the [SunSmart widget](#) on the school's website, the free [SunSmart app](#), or at [sunsmart.com.au](http://sunsmart.com.au) or [myuv.com.au](http://myuv.com.au).
- The sun protection measures listed are used for all outdoor activities during the daily local sun protection times\*
- Children are encouraged to wear hats which protect the face, neck and ears and appropriate clothing that protects the body when outside. Those children without appropriate sun hats play in shaded areas as directed
- Cool, loose-fitting, sun protective clothing made of densely woven fabric is included in our school dress code
- All children to be encouraged to use areas of shade for outdoor activities on warm days
- The parent community to be encouraged to apply SPF30 (or higher) broad spectrum, water-resistant sunscreen before their children come to school and supply child with sunscreen to keep in school bag for re application at school
- Sunscreen is applied 20 minutes (where possible) before going outdoors and reapplied 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 charts)

- SunSmart behaviours during outdoor activities to be promoted (eg wearing t-shirts, reapplying sunscreen)
- As part of OHS UV risk controls and role-modelling the staff:
  - wear a sun protective hat, covering clothing and, if practical, sunglasses;
  - apply sunscreen; and
  - seek shade whenever possible
- The importance of adhering to SunSmart practices to be incorporated into the curriculum
- Newsletter, assemblies, parent meeting and student and teacher activities to reinforce SunSmart behaviours
- The school's grounds improvement plan to reflect methods of maintaining and improving shade areas
- Outdoor activities to be scheduled in shaded areas during months of high UVR levels whenever possible
- The school council makes sure there are sufficient shelters and trees providing shade in outdoor areas particularly in high-use areas
- The availability of shade is considered when planning all other outdoor activities
- 'Sweat Day' timetable will operate when the temperature is 35 degrees or above at 12.30pm

*\*The sun protection times from the Bureau of Meteorology tell you the time of day UV levels are forecast to reach 3 or higher. At these levels, sun protection is recommended for all skin types. In Victoria, UV levels regularly reach 3 or higher from mid-August to the end of April.*

## **EVALUATION**

The effectiveness of this policy will be received annually via informal feedback regarding-

- SunSmart behaviour of students, staff, parents, and visitors
- Assessment of shade provision and usage
- Updating and promoting curriculum material relevant to SunSmart activities.

2017