



# Palmer Primary School

"On the road to success"



## SunSmart Policy—October 2017

We aim to raise awareness of the importance of skin protection and teach habits that lower the chances of skin damage among our school community. Students are encouraged to take personal responsibility for decision making about skin protection. However, because we have a Duty of Care to our students we implement the following plan of action at all times...

Students are expected to wear broad-brimmed, bucket or legionnaire-style hats and 'sunsafe' uniform/dress code (collars, shoulders covered and longer shorts) when the UV Index is 3 or above. This is monitored daily by the students and displayed in the yard. When the UV Index is 3 or above, students without hats are required to play in shaded areas. All students and staff (when in the sun) wear a hat between mid-August and the end of April. When the UV Index is below 3, students are not expected to wear hats so that they have some UV exposure for Vitamin D. We will consider the wearing of sunglasses with an Eye Protection Factor Rating of 10, and which meet the Australian Standards 1067:2003 in the future.

50+ Sunscreen is available and we insist students apply sunscreen when on excursions or outside for extended periods of time, reapplying every 2 hours. Students are also actively encouraged to apply sunscreen every 2 hours between mid-August and the end of April, when UV levels are 3 or above. Portable sunshades are taken to outdoor events (camps, excursions), where students will be assembling in unprotected areas and consideration is given to the timing of outdoor events to avoid exposure between 10 am and 3pm, when UV radiation levels are higher and planned to take place in Terms 2 and 3 where possible.

When the temperature is between 30 and 36 degrees and whenever the UV is 3 or above, students are actively encouraged to choose one of the many shaded areas within the school yard for play and to drink plenty of water. Shaded areas are replaced and maintained as necessary to ensure plenty of shade is available.

### ***In the event of extremely hot or wet weather...***

When the forecast maximum is 37 degrees or more at 8.00am on 5MU, students have playtimes in classrooms, supervised by the teacher on duty. Outdoor lessons, such as daily fitness are modified. Supervised inside play also occurs at times of heavy rain or during thunderstorms. A bell will indicate to students, that they need to return to classes.

There are fridges in both classrooms for storage of food for recess and lunch.

This policy is supported through education programmes related to health and physical education at all levels across the school. It is shared with staff at Induction meetings, and with the school community at parent information meetings, in parent information packs and through school newsletters. Students discuss it regularly during Palmer School Council meetings.

This policy will be reviewed every 2 years to ensure it is in line with National Standards.