



St Augustine's KEILOR

SunSmart and Heat Policy

Rationale:

Our SunSmart and Heat policy has been developed to ensure that all students and staff attending St Augustine's are protected from skin and eye damage caused by overexposure to the ultraviolet radiation from the sun. It is to be implemented throughout the year for all outdoor activities during the daily local sun protection times.

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.

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 or myuv.com.au.

Guidelines for Implementation:

As part of general SunSmart strategies, our school:

Behaviour

- Requires all students and staff to wear hats that protect the face, neck and ears (legionnaire, broad-brimmed or bucket style) and suitable clothing whenever they are outside (e.g. recess, lunch, sport, excursions)
- Encourages use of wrap-around sunglasses that meet Australian standards 1067 (category 2, 3 or 4)
- Works with the parent community to ensure their children are provided with adequate protection from the sun before coming to school, particularly with the application of an **SPF 30** or higher broad-spectrum, water-resistant sunscreen
- is proactive in reminding students/staff about the importance of reapplying SPF30 or higher broad spectrum, water resistant sunscreen. Sunscreen is applied at least 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.
- Encourages children to use shaded areas of the school yard for outdoor activities
- As part of OHS 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
- Implements 'Hot Day Timetables'. Children will be kept indoors on these days
- Requires children outdoors without hats to sit in a designated shaded area, during play times from the beginning of September to the end of April or whenever UV levels reach three or more.

Curriculum

- Incorporates sun safety and skin-cancer prevention programs at all levels through an integrated curriculum
- Regularly reinforces SunSmart behaviours, in a positive way, through reminder notices, announcements, newsletters and student and teacher activities
- Reflects the Sun Smart policy in the planning of all outdoor events (e.g. excursions, sporting events, etc.)

Environment

- Ensures there is sufficient shade provision and usage and make recommendations for increases in shade provision if necessary
- Continues to have sun protective clothing items as a part of our school uniform (e.g. shirts with collars, broad-brimmed hats etc.)
- Schedules interschool sports in shaded areas
- Ensures availability of shade is considered when organising outdoor activities (e.g. PE lessons) indoors or in areas with plenty of shade whenever possible at times of high sun damage risk
- Cancels/modifies outdoor assemblies to announcements over the PA system on days of extreme heat
- Encourages students to use available areas of shade when outside
- Ensures shade audits are conducted regularly