



WATERVALE PRIMARY SCHOOL

SUN SMART GUIDELINES- SCHOOL



RATIONALE

Excessive exposure to ultraviolet (UV) radiation can cause sunburn, damage to skin, and increase the lifelong risk of skin cancer. As Australia has one of the highest rates of skin cancer worldwide, childhood exposure to UV radiation is of particular concern. At Watervale Primary School, we are committed to minimising these risks through sun protection strategies aligned with the Cancer Council SA SunSmart Schools Program. This policy applies to all school activities (on-site and off-site).

OUR GOALS

The goals of this policy are to:

1. Increase awareness of skin cancer prevention among students, staff, and the wider school community.
2. Foster a safe school environment that provides adequate shade as a protective measure.
3. Support students in developing lifelong sun-safe habits.

IMPLEMENTATION

Implementation Scope:

- Terms 1, 3, and 4: Sun protection measures are mandatory during these terms.
- UV Index above 3: When UV levels exceed 3 (regardless of the term), sun protection measures apply. These are monitored using tools such as the SunSmart App, www.myuv.com.au, or the Bureau of Meteorology (www.bom.gov.au).

Daily UV levels will be displayed near the school's main entry and updated daily by a staff member.

Sun Protection Strategies:

Watervale Primary School implements a combination of the following measures:

1. Shade:
 - a. The Governing Council ensures sufficient shaded areas, such as shelters and tree-lined spaces.
 - b. The availability of shade is considered critically during outdoor activity planning (e.g., sports, excursions).
 - c. Students are encouraged to use shaded spaces during recess/lunch and eat in shaded or indoor areas.
2. Clothing:
 - a. The school uniform includes sun-protective options such as collared shirts, longer shorts/dresses, and rash vests for outdoor swimming activities.
3. Hats:
 - a. A No Hat = No Play policy applies. Students must wear hats with wide brims, bucket hats, or legionnaire-style hats that cover the face, neck, and ears.
 - b. Students without appropriate hats will be directed to shaded areas.
4. Sunscreen:
 - a. SPF 50+ broad-spectrum, water-resistant sunscreen is supplied by the school and used by staff and students. Sunscreen must be:
 - i. Applied 20 minutes before outdoor activities.

- ii. Re-applied every two hours if remaining outdoors.
- b. Parents are encouraged to apply sunscreen to their children before sending them to school.
- c. Families of students with sunscreen allergies or sensitivities should notify the school.

5. Staff and WHS Modelling:

- a. Staff are required to model sun-smart behaviours by:
 - i. Wearing sun-safe clothing, hats, and sunscreen.
 - ii. Seeking shade during outdoor activities.
- b. Visitors are encouraged to adopt sun-protective measures during outdoor school events.

6. Curriculum, Education, and Promotion:

- a. Sun safety is incorporated into the school curriculum across year levels.
- b. Sun-safe behaviours are promoted regularly through assemblies, newsletters, enrolment packs, parent meetings, and prominent school signage.

7. Excursions and Camps

- a. All off-site activities will incorporate sun-protection strategies, such as portable shade options and designated sunscreen application breaks.
- b. Risk assessments for these activities will specifically address sun protection.

REVIEW AND EVALUATION

The effectiveness of these Sun Smart Guidelines will be reviewed every three years by the Governing Council in collaboration with students, parents, and staff. The review will reflect:

- New or updated Cancer Council SA guidelines.
- Feedback from the school community.
- Data on compliance (e.g., instances of students without hats).

ACCESS TO SUPPORTIVE LINKS

1. Cancer Council SA SunSmart Schools Program – <https://www.sunsmart.org.au/>
2. Department of Education Sun Protection Policies (Staff login required) – <https://edchat.sa.edu.au/d7c2a844-809c-4f12-b36c-f0a5fbfc040f>
3. Daily UV Index Readings – <https://www.bom.gov.au/uv>