Umina Beach Public School

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# Sun safety and sun protection

# policy and practices

## Context

Our school takes sun safety seriously and implements a range of strategies to support school environments that protect students from the damaging effects of the sun. At Umina Beach Public School, the school community, including families, works together to take all reasonable actions to protect students from risks of harm that can be reasonably predicted due to ultraviolet radiation from the sun.

## Guiding policy

Planning and implementing effective action on sun assists to provide a safe environment for students and staff by reducing exposure to ultraviolet radiation and increasing adoption of evidence-based sun safe strategies and supports schools to contribute to reducing the incidence and burden of later skin cancer and related skin damage in children and young people. Practices and procedures that meet the department of education's Sun Safety for Students Guidelines and Student Health in NSW Public Schools policy will be designed by staff and ratified by the principal annually.

## School practices and procedures

The following elements of sun safety are enacted through the school's sun safety and sun protection plan

### Outdoor activities

- Where possible, outdoor activities will be scheduled outside peak UV times of 10am – 2pm (11am – 3pm daylight saving time) and plan activities to take place earlier in the morning or later in the afternoon, in the shade or indoor areas, where possible. The school considers sun protection when planning all outdoor events, such as fitness and sporting activities/events, assemblies, camps and excursions.
- Students are reminded to engage in sun safe behaviours prior to and during outdoor activities including outdoor physical education lessons and sport.

### Shade

- UBPS is committed to providing shade in the school grounds and have two covered outdoor learning areas (COLAs) for this purpose. A shade stall is installed over the fixed equipment in the primary playground. Established trees provide shade areas across the school. Students are encouraged to use available areas of shade when outside. The availability of shade is considered when planning excursions and outdoor activities.

### Clothing and unform, including sun safe hats

- Students are to wear a hat whenever they are outside. The school uniform shop provides broad brimmed hats, which are the preferred hat of choice, for students to wear whenever they are

outside. Students who do not have sun safe hats are asked to play under the COLA in the shade. Staff are encouraged to model wearing of hats whilst on playground duty.

- Through the school PBL curriculum, students are explicitly taught expected safe behaviour, including wearing a hat when outside. Students are encouraged and, as appropriate, rewarded for wearing sun safe hats.
- Sun safe clothing is included in our school uniform and sports uniform. School clothing is made of close weave fabric and includes shirts with collars (or covered necklines) and longer sleeves, longer style dresses, skorts and shorts.
- For special events such as excursions or mufti events where students may wear non-school uniform, advice and information on sun safe clothing are provided for students and families. For such events, staff are encouraged to model sun safe clothing when students are wearing mufti.
- For events that include access to water, students are encouraged to wear swim shirts for all water-based activities.

**Curriculum**

- Sun safety education is incorporated into teaching and learning activities, as outlined by the PDHPE K-6 syllabus.
- Where appropriate, sun safety education is extended across other key learning areas.
- The school's social and emotional curriculum, delivered through PBL lessons, includes sun safe messages, such as wearing hats when outside, or applying sunscreen.

**Whole school strategies and community engagement**

- The school will communicate with the school community about sun safety through school channels including emailed permission notes/event information, newsletters, the school website, annual report and enrolment information.
- The school will deliver annual professional learning for staff to raise awareness of, and to support the inclusion of, sun safe principles at school and in teaching programs, such as PDHPE.
- Conduct shade assessments to assist in the prioritisation of shade requirements and aid in the selection of suitable shade solutions for the school.
- The school will promote sun safety as a health and safety issue rather than as a matter of discipline.
- Age- appropriate and developmentally appropriate sun safe strategies such as 'No hat, stay in the shade' are implemented.
- Families and visitors are encouraged to use a combination of sun protection measures when visiting the school, such as sun safe clothing and hats.
- Staff are encouraged to wear sunglasses that meet Australian Standard 1067:2003 for UV protection whilst at school.
- The schools sun safe strategies have been communicated to parents and are supported by the school P&C.

**Sunscreen**

- The use of sunscreen is encouraged for staff and student use. Sunscreen must be at least 30+ broad-spectrum and water-resistant. Families who wish to send sunscreen in school bags are encouraged to support their child to independently apply sunscreen correctly. For younger students, roll-on sunscreen may be recommended.
- From 2024, sunscreen will be provided for each classroom. Staff will remind children to apply sunscreen before recess, lunch and going outside. Staff may model appropriate application of

sunscreen for students but are unable to apply for students, excepting the case of physically impaired students who have specific health-care plans in place.

- For all outdoor school events, information will be provided for parents regarding the school's sun safe expectations, including students applying sunscreen prior to arriving at the event. Outdoor event organisers will ensure sunscreen is available on the day for students to independently re-apply throughout the day.
- Sunscreen will be included in all first aid bags.