

NEWTOWN PUBLIC SCHOOL

SUNSMART POLICY



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Education
Public Schools



Together we grow

RATIONALE:

Too much of the sun's ultraviolet (UV) radiation can cause sunburn, skin and eye damage and skin cancer. UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer later in life.

Given students and employees are at school during peak UV times, schools play a major role in providing an environment where policies and procedures can positively influence long-term SunSmart behaviour.

Our **SunSmart Policy** has been developed to ensure that all students, staff, parents / carers and visitors attending Newtown Public School are protected from skin damage caused by harmful UV radiation from the sun.



PROCEDURES:

To assist with the implementation of the policy, staff and students are encouraged to access their daily local sun protection times via the free [SunSmart app](#) or the [Bureau of Meteorology website](#).

The sun protection measures listed are used for all outdoor activities during the **daily local sun protection times, when the UV Index is 3 or above**. The sun protection times are a forecast from the Bureau of Meteorology for 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 NSW Sun protection measures are used whenever UV levels reach 3 and above. In NSW, UV levels are high enough (UV 3 or above) to damage unprotected skin most months of the year. UV levels are particularly high during the summer months, and highest in the middle of the day. UV levels and daily sun protection times are used to plan activities and ensure a correct understanding of local sun protection requirements.



STRATEGIES

1. SEEK SHADE

- UV levels and daily sun protection times are used to plan daily activities and ensure a correct understanding of local sun protection requirements.
- Outdoor activities will be held in areas of shade where possible.
- Teachers will endeavour to schedule outdoor activities before 10:00 am and after 2:00 pm whenever possible during term 1 and 4.
- The school community is committed to providing shade in areas where students congregate, during recess and lunch, and when teaching outdoors and playing sport.
- Students are encouraged to use available shade when outside.
- Shade options include a combination of portable, natural and built shade.

2. SLIP ON SUN PROTECTIVE CLOTHING

- SunSmart clothing is part of the school and sports uniforms. SunSmart clothing includes wearing loose fitting shirts with sleeves and collars, longer style culottes, shorts and trousers.



3. SLAP ON A HAT

- Children wear sun-safe hats to protect their faces, neck and ears whenever they are outside such as during recess, lunch, sport, excursions and sports carnivals.
- The Newtown PS uniform includes a sun safe broadbrimmed hat. Baseball caps or visors *do not* provide enough sun protection and are therefore not allowed for play in the sun.
- The **NO HAT, PLAY IN THE SHADE** rule is enforced. Children without hats sit to play passive games on the veranda.
- Teachers act as role models and demonstrate SunSmart behaviour and the wearing of broadbrimmed hats is required for playground duty and excursions.

4. SLOP ON SUNSCREEN

- 50+ Sunscreen is provided by the school and is accessible to all staff and students.
- All staff and students are encouraged regularly to apply SPF 50+ (or higher) broad spectrum water-resistant sunscreen each day before coming to school.
- All staff and students are encouraged to apply sunscreen 20 minutes before going outdoors, and to reapply every 2 hours, or more frequently if sweating.
- Students with sunscreen allergies are encouraged to bring their own sunscreen to school.
- All sunscreen is stored in a cool, dry place and the expiry dates monitored.

LEARNING & SKILLS

- Teachers will integrate programs on skin cancer prevention and protective behaviours in PDHPE.
- Teachers are in-serviced on the School SunSmart guidelines
- The **SunSmart Policy** is reinforced and communicated in a positive way through newsletters, student / teacher activities and bell time reminders.
- Parents / Carers will be informed about the SunSmart Policy through the school newsletters and website.

ENGAGING CHILDREN, EDUCATORS, STAFF & FAMILIES

- The NPS Community will be encouraged to practice SunSmart behaviour by:
 - Wearing hats and appropriate clothing including wrap-around sunglasses that cover as much of the eye area as possible
 - Use the UV information to inform students of sun risk
 - Using SPF 30+ broad spectrum, water resistant sunscreen for skin protection
 - Seeking shade whenever possible



OUTCOMES:

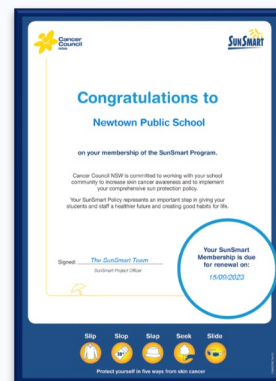
Students, staff and families will develop:

- **Positive attitude** towards skin protection
- **Lifestyle practices** which can help reduce the incidence of skin cancer and the number of related deaths
- **Personal responsibility** -for SunSmart behaviour – seeking shade, wearing protective clothing which includes wearing a broadbrimmed hat and the application of sunscreen.
- **Awareness** of need for further environmental improvements in our school to reduce the level of exposure to the sun

EVALUATION

- WH&S Committee will review the effectiveness of the **SunSmart Policy** and revise the policy every three years by completing a policy review and membership renewal with Cancer Council NSW to maintain current SunSmart status.

Next policy review: September 2023



RELATED RESOURCES

Department of Education: [Sun Safety for Students information sheets](#):

- Clothing and uniforms
- Information for parents and carers
- Information for schools with preschool classes
- Outdoor activities
- Shade
- Sun safety and the curriculum
- Sunscreen
- Whole school strategies and community engagement

POLICY LINKS

- [Excursion policy](#)
- [Guidelines for the Safe Conduct of Sport and Physical Activity in Schools](#)
- [School Uniform Policy](#)
- [Student Health in NSW Public Schools: A summary and consolidation of policy](#)

RELATED LINKS

- [Cancer Council NSW](#)
- [Cancer Council – Sun Safety](#)
- [Cancer Council – Be Sun Smart](#)
- [Cancer Council – Free Sun Smart App](#)

This policy was prepared by Newtown Public School WH&S

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