

## 5.21 Sun Protection Policy

**Policy:** Elonera Montessori School will endeavour to protect children from the dangerous and adverse effects of sun exposure.

**Background:** Australia has the highest incidence of skin cancer in the world and sun exposure during childhood significantly increases the risk of developing skin cancer and melanoma. Sand, concrete and water can reflect up to 85% of sunlight and intensify exposure to ultraviolet radiation.

Early Childhood Services and Schools play a vital role in the long-term prevention of skin cancer and in teaching healthy sun habits to young children, and are responsible for preventing and reducing the risks from excess sun exposure while children are in their care.

**Relevant Legislation:** Children and Young Persons (Care and Protection) Act 1998; Education and Care Services National Law Act 2010; Education and Care Services National Regulations 2011; Work Health and Safety Act 2011.

**Key Resources:** Sunsmart Program Cancer Council NSW [www.cancer.org.au](http://www.cancer.org.au)

### National Quality Standards

|     |       |   |
|-----|-------|---|
| QA2 | 2.1   | Each child's health and physical activity is supported and promoted.  |
|     | 2.2   | Each child is protected.  |
|     | 2.2.1 | At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard.                           |
| QA3 | 3.1.1 | Outdoor and indoor spaces, buildings, fixtures and fittings are suitable for their purpose, including supporting the access of every child. |

### National Regulations

|     |   |
|-----|---|
| 100 | Risk assessment for excursions                      |
| 113 | Outdoor space-natural environment Regulation        |
| 114 | Outdoor space-shade Regulation                      |
| 168 | Policies and procedures (2)(a)(ii) – Sun protection |

## Procedures:

### Scheduling outdoor Activities

- Where possible, we schedule outdoor activities (assemblies, sport etc) outside peak UV times:
  - April to September 10am – 2pm
  - October to March 11am – 3pm (daylight saving time)
  - June and July when index is below 3 there is no limit on outdoor timing.
- We consider all sun protection measures when planning outdoor activities and excursions.

### Shade

- The school community is committed to providing shade (trees, built and portable shade structures etc) in areas where students gather – such as eating, outdoor teaching and popular play areas.
- We consult with the school community about future plans for shade.
- Students are encouraged to use the shade available when outside.
- The availability of shade is considered when planning all outdoor activities and excursions.
- Activities are set up in the shaded areas and are moved from time to time during the day to maximise the shade opportunities.

### Hats

- Students are encouraged to wear sun-safe hats that protect the face, neck and ears when outside. Recommended sun-safe hats include legionnaire, broad-brimmed and bucket hats. Baseball caps are not recommended.
- Students who do not have a sun-safe hat are asked to play in the shade or a suitable area protected from the sun.

- Hats are required for all school excursions.
- We discuss the merits of hats and sun-protection with the children.
- Sun-safe hats are required when UV is 3 or above.

**Clothing**

- Staff and children are asked to wear sun-safe clothing.
- Sun-safe clothing includes encouraging shirts with collars or covered necklines, sleeves, longer style dresses and shorts, and rash vests or t-shirts for outdoor swimming.
- Children that do not have sun-safe clothing will be encouraged to play in the shaded areas.
- We discuss the merits of sun-safe clothing with the children.
- Sun-safe clothing are required when UV is 3 or above.

**Sunscreen**

- For School aged children SPF 30+ broad-spectrum water-resistant sunscreen is available for staff and students.
- Children in the Pre-school must wear sunscreen when outside.
- We encourage the use of sunscreen for all staff and children.
- Where possible, we apply sunscreen at least 20 minutes before going outdoors.
- Students and teachers are encouraged to reapply sunscreen every 2 hours when outdoors for extended periods.
- We discuss the merits of sunscreen and sun-protection with the children.
- Sunscreen is stored in a cool dry place and the use by date is monitored at the start of each term, along with the first aid kit check.

**Role modelling of staff**

Staff are asked to role model good sun protection behaviours when outside. This includes:

- Wearing sun-safe hats, clothing and sunglasses.
- Applying SPF 30+ broad spectrum water-resistant sunscreen.
- Where possible, seeking shade.
- Having positive conversations with the children about sun protection.

**Curriculum**

- Teachers include sun protection principles in teaching programs for all year levels.

**Informing the school community**

- Sun protection information is regularly promoted to the school community through newsletters, noticeboards, online, parent meetings, staff meetings, school assemblies and on student enrolment.

**Review**

- School parent body and staff will regularly monitor and review the effectiveness of the Sun Protection Policy.
- The school's Sun Protection Policy will be updated and submitted to Cancer Council NSW once every three years to maintain SunSmart status.

**Document Control**

| Original release date:   |            | August 2012                         |             |                             |             |
|--|------------|-------------------------------------|-------------|-----------------------------|-------------|
| This version of the guidelines will replace the following version: |            |                                     |             |                             |             |
| Document owners (initial sign off requirements):                   |            |                                     |             |                             |             |
| Head of School   |            |                                     |             |                             |             |
| Process owners (final sign off requirements):                      |            |                                     |             |                             |             |
| Elonera Montessori School Board                                    |            |                                     |             |                             |             |
| Revision and status:   |            |                                     |             |                             |             |
| Rev. No.   | Date       | Change Description                  | Prepared by | Reviewed by                 | Approved by |
| 1.0  | 20.07.2016 | Review in light of new Nido service | Deputy      | Nido, Stage 1               | Deputy      |
| 1.1  | 10.04.2019 |                                     | Deputy      | Nido, Stage 1, whole school | EMS Board   |
| Current status of this guideline:                                  |            |                                     | Live        |                             |             |
| Next review required:  |            |                                     | 2021        |                             |             |