



Sunsmart and Heat Policy

Rationale

At St John's Catholic Parish Primary School, we have a duty of care towards all our students. We encourage all students to act responsibly and to follow our SunSmart procedures when outdoors.

Aim

To ensure that all students understand the effects the sun has on our skin and to dress appropriately and in accordance with the school policy.

To meet our schools duty of care and OHS obligations to minimize harmful UV exposure for students, staff and visitors.

To ensure that students are encouraged and supported to develop independent sun protection skills to help them be responsible for their own sun protection.

Implementation

The sun protection measures listed below are used for all outdoor activities during two extended periods: from the beginning of the school year until the end of April; and from mid August to the end of the year. All other times are optional. St John's displays the Sunsmart app on their website permanently, detailing some protection and UV levels.

- To protect students against the over-exposure of the sun's rays, we encourage students to:
 - Wear the St John's hat (broad brimmed or legionnaire style) when playing, eating or taking part in outside activities
 - Wear the sunhat as part of the school uniform.
 - Have SPF30 (or higher) broad-spectrum, water-resistant sunscreen available for all outdoor activities
- Sun protective clothing is included in our school uniform / dress code and sports uniform. School clothing is cool, loose-fitting and made of densely woven fabric. It includes shirts with collars and elbow-length sleeves, longer dresses and shorts



and rash vests or t-shirts for outdoor swimming

- The Principal makes sure there are sufficient shelters and trees providing shade in outdoor areas particularly in high-use areas e.g. where students have lunch, assemblies, sports, outdoor lessons and popular play spaces.
- The availability of shade is considered when planning all other outdoor activities.
- Students are encouraged to use available areas of shade when outside.
- Teachers are responsible for enacting the SunSmart rules:
 - As part of OHS UV risk controls (sun protection measures are recommended when the **UV Index is 3 and above**) and role-modelling, staff, families and visitors.
 - ❖ wear a broad-brimmed sun protective hat
 - ❖ sun protective clothing
 - ❖ sunglasses, where appropriate
 - ❖ apply 30+ sunscreen and reapply every 2 hours
 - ❖ seek shade
 - The SunSmart message is communicated via Newsletters, website and during Assemblies
 - Encouraging parents to act as role models by practising SunSmart behaviours (eg on excursions)
 - Enforcing the school rule that students without a hat at recess or lunchtime will be required to remain in the designated shaded area next to the tennis courts. Rule : No hat = No play.
 - Enforcing the school rule that students without a hat may not participate in P.E. lessons or outdoor activities.
- On extreme hot temperature days, children will remain indoors at lunchtime and teachers will follow the extreme weather duty supervision timetable.
- Parents are responsible for providing SPF30 (or higher) broad-spectrum, water resistant sunscreen for student use.
- Students are directed to apply sunscreen under adult supervision before school and prior to outdoor activities. Sunscreen is applied 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 (e.g. reminder notices, sunscreen monitors, sunscreen buddies).

- All classrooms and First Aid room will be equipped with SPF 30+ sunscreen.
- St John's are members of SunSmart.
- While outside sunscreen is reapplied every 2 hours.
- The SunSmart message is taught through the curriculum to students every 2 years across all year levels.
- The SunSmart message is communicated to families via the school newsletter, school assemblies, Flexischools app and the school website.
- The sun protection required is displayed on our website via the Sunsmart app.