

## **SUNSMART & HOT WEATHER POLICY**

### **RATIONALE**

- Over exposure to the sun presents a serious health risk. Students must therefore be educated as to the need for suitable sun protection. The school has a responsibility to ensure that it takes reasonable measures to protect students from over exposure to the sun whilst at school.

### **AIMS:**

- To educate students as to suitable sunsmart protection strategies.
- To encourage children and teachers to protect themselves from the harmful effects of the sun.

### **IMPLEMENTATION**

- This policy is to be read in conjunction with our School Uniform Policy.
- Children will be required to wear Anti-Cancer Council approved close-weave broad brimmed hats (at least 6 cm rigid brim) legionnaires or bucket hats, whenever they are outside during Terms 1 and 4.
- Staff will act as role models by also wearing broad brimmed hats when outside during Terms 1 and 4.
- Children without broad brimmed hats will be restricted at playtime in designated shaded areas.
- Children will be actively encouraged to wear a broad-spectrum water resistant sunscreen (SPF30+). Use of sunscreen is strongly encouraged and should be provided by parents.
- Whenever possible, outside activities on hot days should be scheduled before 11:00 am.
- External sporting activities are usually cancelled on days of 35° or more. (Exceptions for some activities e.g. indoor swimming may be made).
- On days when the temperature has reached 35 degrees or more at lunchtime, students will be supervised within classrooms for the lunch break. Re-think will still occur.
- The Governing Council will provide adequate shade structures for students as practicable
- The Governing Council will work towards the provision of adequate air conditioning.
- The school will ensure that school uniform hats are available for purchase from the uniform store.
- The school newsletter and school assemblies will be used to highlight and reinforce the sunsmart policy.
- Sunsmart activities and sun protection will form part of the Health and Physical Education curriculum at all year levels.
- Students are encouraged to increase their fluid intake – particularly water and to reduce their level of physical activity on hot days.