



INCLEMENT WEATHER AND SUN PROTECTION POLICY

Updated March 2018

in line with recommendations from Cancer Council SA and SA Government

Review in 2020

Approved by Governing Council 29/9/2018

MEADOWS PRIMARY SCHOOL SUNSMART POLICY

RATIONALE:

Australia has one of the highest incidences of skin cancer in the world with two out of every three people developing some form of skin cancer before they are 70.

Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Sun exposure in the first 10 years of life determines, to a substantial degree, the likelihood of skin cancer developing later in life.

Cancer Council SA advises people protect their skin at times when the ultraviolet (UV) radiation level is 3 and above—this is when it is strong enough to cause damage to unprotected skin. For much of South Australia, UV radiation levels are 3 and above everyday from August to April and it is during these months that sun protection is necessary.

Cancer Council SA recommends that a skin protection policy be in place during terms 1, 3 and 4 and when UV radiation levels are 3 and above. It is important to balance sun protection with safe sun exposure for the production of vitamin D for bone growth and development. During May to the end of July, at times when the UV radiation level is below 3, sun protection for most people is not necessary.

AIMS:

The SunSmart Policy aims to promote among students, staff and parents:

- Positive attitudes towards skin protection.
- Lifestyle practices, which can help reduce the incidence of skin cancer and the number of related deaths.
- Personal responsibility for the decision-making about skin protection.
- Awareness of the need for environmental changes in our school to reduce the level of exposure to the sun.

IMPLEMENTATION:

This policy is for implementation during terms 1, 3 and 4. Outside of this time care should also be taken when the ultraviolet radiation level is 3 (moderate) and above in May.

The purpose of the policy is to ensure that all members of our primary school, including Out of School Hours Care (OSHC), are protected from skin damage caused by the harmful rays of the sun.

It is an expectation that all staff, students and parents of Meadows Primary School, inclusive of the Out of School Hours Care Program will use the following skin protection strategies:

As part of general skin protection strategies:

1. Children will wear the school uniform which protects the back of the neck, upper arms, legs and midriff area through tops with collars and longer style sleeves, and longer style shorts and skirts. Children who are not suitably attired will sit/play in an area protected from the sun
2. The children will wear broad brimmed hats which protect the face, necks and ears whenever they are outside.
3. Children who do not have their hats with them will sit/play in an area protected from the sun.
4. Children will be encouraged to use available areas of shade for outdoor play activities.
5. Outdoor activities will be held in areas of shade whenever possible.
6. Teachers will schedule outdoor activities before lunch whenever possible.
7. When swimming, application of water resistant SPF 30+ (or higher) broad-spectrum sun screen is actively encouraged be 20 minutes prior to the swimming lesson to all exposed areas of the body and reapplied every 2 hours at a minimum. T-shirts or rash vests should be worn for swimming lessons. Hats to be worn except when swimming.
8. During daily outdoor activities students are actively reminded to apply a water resistant SPF 30+ (or higher) broad spectrum sun screen 20 min before going outside and reapply every 2 hours when outside.
9. For WHS staff are required to act as role models by practising SunSmart behaviour including wearing sun protective hats, clothing, sunscreen, sunglasses, and seeking shade.

Our School will:

1. Ensure that school hats are appropriate and satisfy the Cancer Council SA guidelines.
2. Ensure that adequate shade is provided at sporting carnivals and outdoor events for students and staff when possible.
3. Provide SPF 30+ (or higher) broad spectrum, water resistant sun screen for staff and student use whenever possible. If your child is allergic to 30+ broad spectrum, water resistant sun screen, families are to provide their child with their own 30+ broad spectrum, water resistant sun screen and contact the class room teacher and front office staff alerting them of their allergy.
4. Incorporate programs on skin cancer prevention in our curriculum.
5. Reinforce regularly the SunSmart Policy in a positive way through newsletters, parent meetings, and student and teacher activities.

When enrolling a child, parents will be:

1. Informed of the SunSmart Policy.
2. Encouraged to provide and teach children to use SPF 30+ (or higher) broad spectrum, water resistant sun screen for their child's use.
3. Asked to provide details about any allergy to any particular sun screen lotions.
4. Encouraged to practise skin-protective behaviour themselves.

MEADOWS PRIMARY SCHOOL INCLEMENT WEATHER POLICY

RATIONALE:

Inclement weather is the existence of abnormal climatic conditions including but not limited to the following or any combination thereof:

- Extreme high temperatures
- Exposure to UV
- Rain
- Hail
- High winds
- Severe dust or electrical storm
- High humidity
- Snow

Performing activities in inclement weather condition can cause risks to health and safety of individuals. At Meadows Primary School we provide a safe and comfortable environment for our students. We do this in the following ways;

- Heating and cooling equipment is provided to maintain a comfortable temperature for children in class
- Children are frequently given drink breaks (water) and all students are encouraged to have their own drink bottles
- Parents are encouraged to dress children appropriately and to provide a change of clothing for adverse weather conditions
- Children are required to follow the sunsmart policy

In the event of *extremely hot or wet* weather, making it unpleasant or unsafe for children and staff to go outside the following procedures will apply.

HOW IS THE POLICY ACTIVATED?

1. If the forecast on the bureau of meteorology website predicts a temperature of 36 degrees or above at 9am on the day, the Hot weather policy will apply;
 - Outdoor activities will occur before 12 o' clock and will be modified ensuring sun smart strategies are implemented
 - The oval will not be available as a play space
 - At lunchtime students will remain in class under teacher supervision until 1:25pm. After 1:25pm children will be allowed to leave the classroom to play in the shade if they choose to. Teachers will remain in classes for those children who wish to remain in the classroom.
2. In times of wet weather, the wet weather policy will apply;
 - The bell will ring 2 times for children to either remain in class at the beginning of a break or return to class during a break. (the duty teachers will make the decision).
 - The bell will ring once for students to go outside should the rain stop. The oval will not be available as a play space as excessive rain may render the Meadows Oval very muddy.
 - In the event of rain before school, students will move to classrooms where they will be under the supervision of their class teacher. NIT teachers are to support class teachers as well.
 - **All class and non-class based teachers report to class areas for a duty when hot and wet weather policies are activated.** Staff then negotiate with their 'buddy' for release time in an equitable manner. Leadership staff and NIT teacher support units to ensure all staff have a break.
 - Teachers may consider using the hall at lunchtimes to ease unit congestion. The maximum number of students in the hall will be 25 under supervision of a teacher.