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Farrer Primary School SunSmart Procedures  
Preschool to Year 6

***These procedures support the Education Directorate's Dress Standards and Uniforms in ACT Public Schools policy and Education Directorate's Sun (UV) Protection for Students policy (2015)***

### **Policy Statement**

As a school that strongly promotes students' and workers' safety, wellbeing and health, Farrer Primary School ensures sun protection is provided for all students and workers whilst at school, during school hours or undertaking school activities when UV levels are 3 and above. Farrer Primary School acknowledges a shared responsibility with parents/carers to attend to relevant education about harmful effects of the sun and to ensure that students obtain enough Vitamin D for healthy bone development and maintenance.

### **Rationale**

As acknowledged in the National SunSmart Schools Program, Farrer Primary School acknowledges that Australia has the highest rate of skin cancer in the world, this is predominantly due to high UV levels and fair skin. We acknowledge that ultraviolet radiation reaches the earth both directly and is also scattered around us.

As part of our duty of care detailed by the ACT Education and Training Directorate, we are committed to skin cancer prevention and awareness. We are committed to keeping an updated SunSmart Policy that is reviewed every three years by Cancer Council ACT.

As most Australians receive the bulk of their Vitamin D supply from exposing their skin to small amounts of ultraviolet radiation in sunlight, we ensure a "hats off" approach during the winter months. This approach complies with Cancer Council ACT as it does not generally recommend sun protection during June and July. This provides students and workers with their winter Vitamin D maintenance. However, sun protection may be required during this period if students and teachers are outdoors for extended time, e.g. carnivals, camps and outdoor excursions etc.

### **Definitions**

#### *Duty of Care*

Legal duty of care requires that teachers and workers should take all reasonable measures to ensure the safety of a school student under their care. This duty of care will arise whenever a student/teacher-worker relationship exists. The school / Education Directorate also has a WHS duty of care to protect all staff and teachers when working outdoors from UV exposure.

#### *Parents/Carers*

People with parental responsibility and guardians.

### *Employees*

Teachers and staff employed by the Directorate.

### *Workers*

*Includes all paid and non-paid persons, e.g. volunteers and student placements etc.*

### *Sensible*

Covering as much skin as possible from UV levels.

### *Sunburn*

A UVB radiation burn to the skin.

### *UV or UVR*

Ultraviolet Radiation from the sun.

**LEGISLATION** [Work Health and Safety Act 2011](#) and [Work Health and Safety Regulations 2011](#)

The main objective of the [Work Health and Safety Act 2011](#) and [Work Health and Safety Regulations 2011](#) is to protect workers, students and visitors against harm to their health, safety and welfare through the elimination or minimisation of risks as reasonably practicable.

### **Procedures**

This policy was created in 2003 and last revised in August 2023.

This policy will be reflected in the planning of all outdoor school-based activities and events. A combination of sun protection measures will be required for all students and workers when spending time outdoors if UV levels are 3 and above, strong enough to damage unprotected skin.

### **Protective Clothing**

- When students and employees are participating in outside activities and events, when UV levels are 3 and above (i.e., between August and May), they must wear a SunSmart hat (broad-brimmed, bucket with deep crown or legionnaire hat) or play under the shade if they have no hat. A 'No Hat, Play in the Shade' rule applies.
- We recommend the removal of sunhat cords to prevent getting caught and causing strangulation or purchasing hats with a quick release cords. Hats sold via the P&C uniform shop comply with this feature.
- If a child does not have a hat, they are required to play under the Casuarina trees or covered areas. Farrer Primary School also has alternative options for students, for example keeping spare SunSmart hats at school (in classrooms) and providing hats through the equity fund for students who need them.
- At Farrer Primary School, our expectation is that students wear sun protective clothing such as long or elbow length sleeve tops and preferably tops with a collar.
- We believe in role modelling our SunSmart expectations to our students and all staff are expected to wear a SunSmart hat, sensible clothing, sunglasses and apply sunscreen when on playground duty or during other outdoor school experiences. This is also a WHS requirement.

- Students are permitted to wear sunglasses if they wish to avoid related eye conditions or problems developed due to frequent wind or sun. A close-fitting wrap-around style will offer best protection, sunglasses may be worn all year round.
- Our school uniform includes close to elbow length shirts with a collar and longer sleeves and hats with a minimum 6cm wide brim for students (min 5-7cm for adults) or an adequate flap. Bucket hats also have a deep crown.
- Students will be required to wear a rash vest top (or a t-shirt) when attending all day outdoor swimming carnivals.

## **Preschool**

Our preschool provides parents with appropriate encouragements and suggestions for sun protection care in alignment with our school expectations. Preschool procedures will follow this policy. Younger students may require more assistance and support with the application of sunscreen and sun protection in general.

The preschool environment features a shaded sandpit, a veranda that runs alongside the preschool building and shaded grassed areas.

Sun protection signage is displayed in the preschool bag area. This promotes making positive choices for sun safety.

## **Sunscreen**

- Farrer Primary School has sunscreen available in all classrooms. This sunscreen is broad spectrum, water resistant and SPF 30+ or higher.
- Parents are encouraged, through excursion notes and newsletters, to provide their child with sunscreen for day-to-day schooling and/or outdoor excursions such as the swimming and athletics carnivals. If students do not have sunscreen with them, it will always be made easily accessible by the school.
- Students are provided with time to apply sunscreen each day, e.g. lunch, PE, recess etc.
- Staff apply and actively encourage students to apply sunscreen between August and May whenever participating in outdoor activities and events when UV levels are 3 and above, especially during Term 1 and Term 4.
- Parents are asked to notify the school if their child is allergic to sunscreen and to reflect this in the medical form at the beginning of each school year. Parents are invited to provide alternate sunscreen for their child.
- Parents are reminded / encouraged to apply sunscreen to their child each morning before leaving for school.
- Teachers are encouraged to check the use by date on the sunscreen in their classrooms regularly and to inform the front office if it needs replacing.
- UV protection is recommended for all skin types as, even though melanin is protective from UV, everyone is susceptible to UVB damage which leads to skin cancer, for fair and dark skin types.

## **Outdoor play time**

- In 2013, Farrer Primary School's timetable changed so that lunch takes place earlier and not during the peak UV period of the day. This timetable is still current.
- Students are encouraged to eat their lunch inside or under shade to minimise the length of time spent in the direct sun.

- Outdoor events and activities will be minimised, when practicable, between 11am and 3pm during Terms 1 and 4.
- During extreme heat periods the school implements an *Extreme Heat* procedure. Cooler, inside spaces are made available to students during play time.
- All classrooms have access to air conditioning.

### **Education & Teacher PL**

- Educational activities around the balance between sun protection and Vitamin D are included in the curriculum for each grade level.
- All employees are encouraged to familiarise themselves with daily sun protection times via the BOM website/app or by downloading the SunSmart app or visiting [www.myuv.com.au](http://www.myuv.com.au)
- Teachers are aware of local SunSmart classroom resources available from: <http://www.actcancer.org/prevention/sunsmart/act-schools-and-early-childhood-services/national-schools-program/resources/>
- Positive SunSmart behaviour is regularly reinforced and promoted amongst the whole school community via assemblies, notice boards, newsletters, handbooks and the school website etc.
- Teachers are encouraged to complete Generation SunSmart PL modules at <http://www.generationsunsmart.com.au/> and upon completion receive a Certificate of Completion from Cancer Council.

### **Shade**

Our school has some shaded spaces such as the established Casuarina trees area. There are many other established trees growing on school grounds.

From term 3 2023 the school will have a shade structure to provide a large shaded area over the basketball / netball courts.

### **Occupational UV Exposure**

- Under Work Health and Safety legislation, the school is aware of its responsibilities and duty of care to protect all workers as far as reasonably practicable from occupational UV exposure.

### **Record Keeping**

- Farrer Primary School was awarded national SunSmart status in December 2003. Cancer Council reviews this policy every three years.
- Our school's online SunSmart Certificate can be viewed at: <https://actcancer.org/prevention/sunsmart/act-schools-and-early-childhood-services/national-schools-program/view-your-sunsmart-certificate/showstatus/farrer-primary-school>

### **SunSmart 3 Year Review Procedure**

This policy will be evaluated and maintained on an ongoing basis and reviewed every three years by Cancer Council ACT to maintain our membership with National SunSmart Schools Program and to adhere to ACT Education Directorate expectations.

Policy issues and concerns will be discussed regularly during school announcements, staff meetings, parent information nights and School Board meetings.

This policy was reviewed by Cancer Council ACT in October 2020.

The policy was reviewed and updated by school staff in August 2023.

Our next policy review will be 07/09/2026.

This policy will be updated to maintain high national SunSmart standards.