

# Padthaway School SunSmart Policy

Padthaway School is a SunSmart school and staff, parents and students are encouraged to use SunSmart behaviour to protect themselves from the sun whenever the ultraviolet radiation (UVR) is 3 and above. When the UV is below 3, staff and students are encouraged not to wear sun protection for vitamin D.

In terms 1 and 4 a combination of sun protection practices are compulsory for all children and staff at Padthaway Primary School when participating in outdoor activities including hats, sunscreen, seeking shade, UV protective clothing and the encouragement of sunglasses. In term 3, when the UV is above 3, it is compulsory for students to wear a combination of sun protection practices.

Ultraviolet radiation (UVR) can't be felt on the skin but can cause permanent, irreversible skin damage. UVR is independent of weather and therefore weather should not be used as a guide to determine sun protection practices. Staff and students are encouraged to check the UV daily at [www.bom.gov.au/sa/uv](http://www.bom.gov.au/sa/uv) or via the SunSmart app.

The hats to be worn are to be those that protect the face, back of the neck and ears when in the sun:

- broad brimmed hat including bucket hats
- Legionnaire style cap
- Baseball caps are not acceptable for wear as sun protection.

If students do not have a suitable hat they will:

- sit on the verandah outside the Art Room during playtime.
- not participate in learning or play activities in the sun.

The application of a broad-spectrum, water resistant sunscreen with an SPF of 30 or higher is recommended from the beginning of August until the end of April and whenever the UVR is 3 and above at other times. Sunscreen is available in all classrooms. Students will have the opportunity to apply it to clean, dry skin 15-20 minutes prior to going outdoors and to re-apply it every two hours or more frequently if involved in water activities.

Where possible, Physical Education and fitness lessons that need to be held in the sun will be programmed to take place outside of the peak UVR times. For whole School sporting days, provision of some shade areas will be arranged. Students will be encouraged to utilise available shade during outdoor activities.

Students are encouraged to wear the school uniform which offers protection from UVR through longer style sleeves, collars and longer style shorts and skirts.

As part of WHS parents and visitors to our school will be encouraged to role model sun protection practices if they are partaking in an outdoor activity, including a hat, sun protective clothing, sunscreen, seeking shade and sunglasses.

Sun protection and vitamin D is incorporated into the curriculum and the SunSmart policy will be reinforced through newsletters, displays and assembly announcements. New staff and families will be informed of the policy.

This policy will be reviewed every 3 years.