



Hot and Wet Weather Policy incorporating Sun Safe Policy

Australia has the highest incidence of skin cancer in the world and Annesley Junior School recognises the importance of encouraging all students and staff to protect themselves from the harmful effects of Ultraviolet Radiation (UV) exposure. Overexposure to UV from the sun during childhood and adolescence is known to be a major cause of skin cancer.

The Annesley Hot / Wet Weather and Sun Safe Policy has been developed to reduce the risk to students and staff of overexposure to UV radiation from the sun. It is to be implemented throughout the year, but with particular emphasis from September to April. Skin protection should also be considered for all day outdoor activity, on a clear sunny day from May to August, when UV levels could still be 3 or above. UV level information can be obtained via the SunSmart UV alert on The Advertiser weather page or at <http://www.bom.gov.au/weather/uv>.

The period of greatest risk is two hours either side of 12 noon, when the sun is directly overhead, specifically between 11.00 am and 3.00 pm during daylight saving. At Annesley Junior School we have the potential to reduce students' UV exposure and future risk of developing skin cancer for the following reasons:

Students are at school throughout the high-risk period five days a week.
The crucial period for sustaining damaging levels of UV exposure occurs during the school years.
Annesley can play a significant role in reducing exposure and changing behaviour through our Policy, education and role modelling.

Objectives

Increase student and community awareness of skin cancer and other skin damage caused by exposure to UV radiation.

Assist students to develop strategies that protect their skin from the sun.

Work towards a safe school environment that provides shade and other sun protective measures for students and staff.

Encourage all members of the school community to protect their skin from UV at all times, but particularly at high-risk times such as lunchtimes, sport, excursions and camps.

Ensure that parents are informed of Annesley's Sun Safe Policy.

Implementation

Shade

Shade is the key element of Annesley's UV risk reduction strategy. We have increased the amount of shade available in the school by introducing shade sail structures throughout the school. Some other strategies for increasing shade will include:

Maximising existing shade (verandahs, covered walkways).

Allowing students to eat lunch indoors.

Planting trees in clusters to increase shade area.

Building seating around trees.

Moving seats and tables to areas of shade.

Organisation of outdoor lessons and breaks

To reduce student and staff exposure to UV, timetables will be reviewed to minimise time spent outdoors during peak UV periods.

If the forecast is for temperatures over 35 deg C, the following will be implemented –

Students will be supervised in the Imaginarium.

They will be notified of the conditions via three rings of the school bell at the beginning of recess and/or lunch.

All-day events

The risk of skin damage on all-day excursions is high. Severe sunburn is likely when students are outside for long periods of time. For all day excursions the following strategies will be implemented:

Provide plenty of sunscreen.

Inform students, parents and staff that sun protection will be a priority.

Promote the sun protection message in all printed information about the day.

Curriculum

Incorporate lessons on UV radiation risk reduction and sun safety into the curriculum across the school. Students should not only understand how and why they need to protect their skin, but also have the opportunity to explore related issues, such as self image and peer pressure, all of which influence decision making in relation to UV exposure.

Clothing

All students will be required to wear a bucket or broad-brimmed hat whenever they are outside (eg recess, lunch, sport, camps and excursions) in Terms 1 and 4. Staff members are to actively act as role models by wearing appropriate hats and clothing. Students will be encouraged to wear T-shirts or lycra protective shirts over bathers while attending swimming lessons.

Sunscreen

It is recommended that all students wear sunscreen provided from home, especially on their faces and arms, particularly during the first and last terms of the year. If it is packed in student's lunch-boxes, they will remember to re-apply it at lunchtime.

Vitamin D

Safe sun exposure for the production of Vitamin D – particularly during the winter months for healthy bone development in children is encouraged. Vitamin D is essential for strong bones, muscles and overall health. Students are encouraged to expose their hands, face and arms to:

10 minutes of sunlight before 10.00 am or after 3.00 pm on most days of the week.

Two to three hours per week of sunlight to face, arms and hands in winter.

Occupational Health & Safety

The School recognises that staff members are at risk of UV damage during yard duty and outdoor events, especially physical education and sport teachers and ground staff. Staff are strongly encouraged to keep a broad-brimmed hat, sunglasses and a long-sleeved shirt at school for use during outdoor activities. An umbrella may be used for any staff who does not wish to wear a hat.

Wet Weather Policy

Sport will not generally be cancelled due to wet weather until the actual time of the game. For example, if it is raining on a Saturday morning – players are still expected to arrive at the designated venue on time. If the rain continues the sports supervisors present from each school will make the decision as to whether the game will be cancelled.

Junior School Sport and Co-Curricular Programs – activity based

Junior School sport fixtures and/or co-curricular activities which are activity based will be cancelled on days forecast to be 35 degrees or over as reported in The Advertiser on the scheduled day.

Monitoring and Evaluation

The Sun Safe Policy will be monitored by the Principal who will ensure that the Policy is reviewed every three years and they will contact the Cancer Council of South Australia to ensure that up-to-date information is maintained in relation to resources and policy information.

In addition, please refer to the Early Learning Centre for specific policies.