



Macarthur Girls High School

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SUN SAFETY GUIDELINES

Rationale

Families, schools and communities share responsibility for the health, safety, welfare and wellbeing of children and young people in their care. The school community, including families, work together to take all reasonable actions to protect students from risks of harm that can be reasonably predicted due to ultraviolet radiation from the sun.

Much of the sun exposure that causes skin damage occurs in childhood and adolescence. By the age of 15 many children have developed irreversible skin damage from exposure to the sun. While skin cancer is the most common cancer in Australia, it is estimated that 95% of skin cancers can be prevented through reducing exposure to ultraviolet radiation from the sun.

Effective sun safety involves the school community working together. By reducing exposure to the sun and increasing the uptake of sun safe strategies, schools can make a significant contribution to community efforts to reduce skin cancer and related skin damage.

Teachers and parents and carers all have a role to model sun safety, for example, wearing a broad brimmed hat for school activities held outside or when on playground duty. Encouraging children and young people to practise sun safety is a shared responsibility. By practising sun safety at home, parents and caregivers support the messages taught at school.

The Department of Education guidelines for Sun Safety can be found at: <https://education.nsw.gov.au/policy-library/associated-documents/Student-Health-in-NSW-Public-Schools-Sun-safety-guidelines.doc>

Guidelines

Macarthur Girls High School has a responsibility to provide a safe environment for students and staff and this includes providing adequate protection from the sun. The school takes sun safety seriously and implements a range of strategies to support a learning environment that protects our students from the damaging effects of the sun.

Sun safe strategies developed and implemented at Macarthur Girls High School include:

- Outdoor activities
- Shade provision
- Clothing and uniform including hats
- Sunscreen
- Curriculum
- Whole school strategies and community engagement

Outcomes

Students and staff at Macarthur Girls High School:

- appreciate the importance of sun protection
- demonstrate sun safe strategies
- collaboratively develops and implements a Sun Safety for Students Action Plan.

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SUN SAFETY IMPLEMENTATION / PROCEDURES

Our school takes sun safety seriously and implements a range of strategies to support school environments that protect students from the damaging effects of the sun.

Macarthur Girls High School has a responsibility to provide a safe environment for students and staff and this includes providing adequate protection from the sun. The School supports students to understand why sun safety is important and to take action to protect themselves such as:

- wearing sun safe hats, clothing and sunglasses
- seeking shade during peak UVR times during the school day
- wearing SPF 30+ (or higher) sunscreen.

Related documents, support tools and information sheets include:

- [Sun Safety for Students Checklist](#)
- [Sun Safety for Students Action Plan](#)
- Sun Safety for Students information sheets
- [Clothing and uniform](#)
- [Information for parents and carers](#) This information sheet is available in [translation](#)
- [Outdoor activities](#)
- [Shade](#)
- [Sunscreen](#)
- [Sun safety and the curriculum](#)
- [Whole school strategies and community engagement](#)

Procedures

The Sun Safety Action Plan developed and implemented at Macarthur Girls High School includes the following strategies:

Outdoor activities:

- Mandatory for students to wear a hat for all PE lessons.
- Utilization of indoor venues if available to reduce exposure in peak UVR times
- Reminded to engage in safe sun behaviours prior to and during outdoor PE and sport activities

Shade provision

- A large shaded COLA provides students in the playground with sun protection during recess and lunchtimes in addition to before or after school,
- Maintenance and planting of trees in the rose garden area and other outdoor areas for shade
- Shade areas are available for lessons taken outside classrooms
- Shade assessment conducted
- Seating is available in shade area
- Provision of additional shaded areas inside allocated classrooms and teaching spaces on extreme UVR exposure days
- Moving student into shaded areas when evacuation events occur is UVR levels high
- Moving time/location of school events eg assemblies, on high & extreme UVR days

Clothing and uniform including hats

- Students are encouraged to wear hats when outdoors
- The style, colour and fabric was considered in designing the MGHS Sports Uniform with the effectiveness of the clothing and uniform for sun safety paramount
- Longer sleeve lengths, collars and longer style shorts chosen as MGHS sports uniform.

Sunscreen

- Student encouraged to wear sunscreen when outdoors
- School provides sunscreen for students throughout summer months (terms 1 & 4) and at whole school outdoor events such as sporting carnivals and excursions.

Curriculum

- Sun safety education is incorporated into teaching and learning through the 7-10 PDHPE syllabus. Students explore ways of minimising harm and learn about factors that effect health
- Sun safety education extended across all curriculum
- Specially note sun safety aspects for those students studying agriculture at school farm

Whole school strategies and community engagement

- Whole school community models sun safe behaviours
- Communication about sun safety strategies and requirements through newsletters, website, excursions and assemblies.

People

Whole school responsibility; staff, students, parents and carers with specific roles to the following people and groups:

Head Teacher Student Wellbeing

- to oversee review and evaluation of Sun Safety Action Plan
- review school uniform components to ensure Sun Safety suitability

Head Teacher PDHPE/ Head Teacher Science(Agriculture)

- Liaise with faculty members as to suitability of planned activities
- Plan curriculum to minimize outdoor lessons during “high sun” periods
- Emphasize with staff necessity of sun safe practices including hats & sunscreen
- Ensure faculty has appropriate supply of sunscreen for use by students as applicable
- Include learning activities in TLP which utilize shaded facilities where possible

organizers of carnivals, sport and Excursions

- Indicate need for sun protection (hats/sunscreen/clothing/sunglasses) on permission notes
- Use appropriate venues where possible
- Provide sunscreen if appropriate
- Provide opportunities for students to be in shaded areas as part of the day’s organisation

Sports Council to promote with student body

- Promote Sun Safety actions to fellow students when promoting events
- Model Sun Safety activities at events
- Encourage fellow student to participate in events in a manner appropriate for conditions
- Place Sun Safety supporting statements on advertising/promotional material for events

Administration Co-ordinator

- promote with staff in relation to playground rosters
- modify Playground duty areas on extreme weather days

Community Liaison Officer

- communicate school Sun Safety practices to parents through MGHS School Stream and website

Administrative staff

- to ensure availability of sunscreen

Stage Leaders

- promote Sun Safety actions at stage assemblies
- move stage assemblies to shaded areas on extreme UVR days
- reinforce school Sun Safety policies for school events
- Liaise regarding whole school assemblies and sun safe practices

Principal

- Move students to shaded areas when appropriate during evacuation procedures
- Oversee continuation of whole school events due to extreme UVR events (eg postponing/relocating of swimming carnivals/excursions/assemblies/etc)

All teachers

- Ensure outdoor activities are carried out in Sun Safety manner
- Model Sun Safety practices in their activities within school eg wearing hats/sunscreen/UVR eye protection
- Plan activities for lower UVRR parts of the day when possible NB: Agriculture & PDHPE lessons

Parents/caregivers

- Provide appropriate uniforms for students (see MGHS uniform policy)
- Reinforce for students the importance of Sun Safety behavior, including appropriate use of shade in extreme UVR conditions
- Provide sunscreen/sunglasses as appropriate

Students

- Follow Sun Safe instructions during lessons and when undertaking whole school/learning activities
- Follow Sun Safe practices in during breaks
- Bring appropriate Sun Safe items hat/sunscreen/clothing/sunglasses

Review and evaluation and reporting

Head Teacher Student Wellbeing to organize a representative team of staff and students to oversee review and evaluation of Sun Safety Action Plan.

The review will be advertised to the school community through the newsletter and using the electronic communication tools of School Stream & the school's Facebook page, and the revised Sun Safety Action Plan will be posted on these locations