



## SunSmart Policy

### **RATIONALE**

Over exposure to the sun presents a serious health risk. A balance of ultraviolet radiation (UV) exposure is important for health. Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. Exposure to the sun's UV during childhood and adolescence is associated with an increased risk of skin cancer in later life. Too little UV from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health.

Students must therefore be educated as to the need for suitable sun protection, and protected from over exposure to the sun whilst at school.

### **PURPOSE OF THE POLICY**

To educate students as to suitable SunSmart protection strategies.

To encourage students and staff to protect themselves from the harmful effects of the sun.

To ensure all students and staff have some UV exposure for vitamin D.

To ensure all students and staff are well protected from too much UV exposure by using a combination of sun protection measures whenever UV levels reach 3 and above.

To ensure the outdoor environment is sun safe and provides shade for students and staff.

To ensure students are encouraged and supported to develop independent sun protection skills.

### **GUIDELINES FOR ACTION**

1. To assist with the implementation of this policy, staff and students are encouraged to access the daily local sun protection times at [sunsmart.com.au](http://sunsmart.com.au) via the SunSmart widget on the school's website or via the free SunSmart app.
2. A combination of sun protection measures are used for all outdoor activities during the sun protection times (whenever UV levels reach 3 and above), typically from September to the end of April in Victoria.
3. This policy is to be read as part of our Student Dress Code Policy and our Staff Dress Policy which includes sun protective clothing that is cool, loose fitting and made of densely woven fabric. It includes shirts with collars and sleeves, longer style dresses and shorts and rash vests or t-shirts for outdoor swimming.

4. Children are to wear broad-brimmed hats (brim width to be approx. 6cm for children up to 12 years) which protect the face, neck and ears whenever they are outside (e.g. recess, lunch, sport, excursions) from September to the end of April.
5. Staff will act as role models by also wearing broad brimmed hats when outside.
6. Children without hats or appropriate clothing will be restricted to play in designated shaded areas – outside the Principal's and Assistant Principal's office.
7. Whenever possible, outside activities on hot days should be scheduled before 11:00 am.
8. School Council will provide adequate shade structures for students as practicable; particularly over high density play areas, such as sand pits and play equipment. Audits of shade structures to be conducted regularly.
9. Eating areas to be designated in shaded areas.
10. Students are encouraged to use available areas of shade when outside.
11. Students are to be encouraged to use available areas of shade for outdoor activities and on excursions.
12. Students will be actively encouraged to bring to school and apply a broad-spectrum water resistant sunscreen (SPF30+).
13. Sunscreen is applied at least 20 minutes (where possible) before going outdoors and reapplied every two hours if still outdoors.
14. Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminder notices, sunscreen monitors, sunscreen buddies).
15. UV protective sunglasses (labelled AS 1067) may be worn by the students at parent's/guardian's own risk. Sunglasses are the responsibility of the student. Damaged or lost sunglasses will not be the school's responsibility.
16. On free dress days, during sporting events when wearing house colours, or whilst on school camps, students and staff must wear tops or TShirts which cover the shoulders. Singlet tops are not to be worn.
17. SunSmart activities and sun protection will form part of the Health and Physical Education curriculum at all year levels. Programs on skin cancer prevention will be incorporated into the curriculum at all grade levels.
18. The school will regularly reinforce SunSmart behaviour in a positive way through newsletters, parent meetings, student and staff activities.

19. The school will ensure that the SunSmart policy is reflected in the planning of all outdoor events (e.g. camps, excursions, sporting events).
20. SunSmart policy updates and requirements will be made available to staff, families and visitors.
21. This policy is to be read in conjunction with DET policy:  
<http://www.education.vic.gov.au/school/principals/spag/health/Pages/sun.aspx>
22. This policy will be reviewed as part of the school's three-year review cycle.

Reviewed: 26<sup>th</sup> February 2016

Ratified by School Council: 9<sup>th</sup> March 2016