

SUNSMART POLICY



RATIONALE:

- 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. Over-exposure to the sun presents a serious health risk. Students must therefore be educated about the need for suitable sun protection and protected from over exposure to the sun while at school.

AIMS:

- To educate students about suitable SunSmart protection strategies.
- To encourage children and teachers to protect themselves from the harmful effects of the sun.
- Ensure all students and staff have some UV exposure for vitamin D.
- Ensure all students and staff are well protected from too much UV exposure by using a combination of sun protection measures.
- Ensure the outdoor environment is sun safe and provides shade for students and staff.
- Ensure students are encouraged and supported to develop independent sun protection skills.
- Support appropriate OHS strategies to minimise UV risk and associated harms for staff and visitors

IMPLEMENTATION:

- Staff are encouraged to access the daily local sun protection times at sunsmart.com.au or on the free SunSmart app to assist with the implementation of this policy.
- A combination of sun protection measures are used for all outdoor activities from **September to the end of April**.
- This policy is to be read as part of our Student Dress Code.
- Children will be required to wear approved Sunsmart close-weave bucket school hats from September to the end of April whenever they are outside.
- Staff will act as role models by also wearing hats when outside.
- Children without hats will be restricted to sit in the designated shady area.
- Children will be actively encouraged to wear a broad-spectrum water resistant sunscreen (SPF30+). Sunscreen to be provided by families (to avoid allergic reactions).
- Sunscreen may be applied by students according to the manufacturer’s directions.
- It is the parent’s responsibility to ensure that their children have sunscreen on when they arrive at school.
- Whenever possible, outside activities on hot days should be scheduled before 11:00 am.
- The school council will provide adequate shade structures for students as practicable; particularly over high density play areas such as sand pits and play equipment.
- The office will ensure that school uniform hats are available for purchase.
- The school newsletter and school assemblies will be used to highlight and reinforce the sunsmart policy.
- Sunsmart activities and sun protection will form part of the Health and Physical Education curriculum at all year levels.
- The Principal/ Assistant Principal will make a ‘hot day timetable’ decision according to prevailing weather conditions.

EVALUATION:

- This policy will be reviewed as part of the school’s three-year review cycle.

This policy was last ratified by School Council in December 14

Name of School Council President.....

Signature of School Council President.....

References: Exec Memo No 99/039,
Anti-Cancer Council of Victoria ph: 9635 5148