

### SUN SMART POLICY

#### **1. Rationale:**

- 1.1 Over exposure to the sun presents a serious health risk as does under exposure. The school community must therefore be educated in the importance to having a healthy balance of ultraviolet radiation (UV) exposure and the need for suitable sun protection, and protection from over exposure to the sun.

#### **2. Aims:**

- 2.1 Ensure all students and staff get some UV for vitamin D.
- 2.2 Encourage the entire school community to use a combination of sun protection measures whenever UV Index levels reach 3 and above to minimise skin and eye damage and skin cancer risk.
- 2.3 Work towards a safe school environment that provides shade for students, staff and the school community at appropriate times.
- 2.4 Assist students to be responsible for their own sun protection.
- 2.5 Ensure that families and new staff are informed of the school's SunSmart policy.

#### **3. Implementation:**

- 3.1 This policy is to be read as part of our Uniform Policy.
- 3.2 Children will be required to wear close-weave broad brimmed hats (at least 8 cm rigid brim) for Terms One and Four.
- 3.3 Appropriate sun protective clothing is included in the school uniform / dress code and sports uniform.
- 3.4 This policy is implemented from the beginning of September through to the end of April whenever the UV Index levels reach 3 and above.
- 3.5 Particular care is taken from 10am – 2pm (11am – 3pm daylight saving time) when UV Index levels reach their peak.
- 3.6 A combination of sun protection measures are considered when planning all outdoor activities. (eg recess, camps, excursions, sporting events, swimming carnivals).
- 3.7 The school has sufficient shade or is working towards increasing the number of trees and shade structures so as to provide adequate sun protected areas in the school grounds.
- 3.8 Staff will act as role models by also wearing broad brimmed hats and sun protective clothing when outside.
- 3.9 Children without broad brimmed hats will be restricted play in designated shaded areas.
- 3.10 Children will be actively encouraged to wear a broad-spectrum water resistant sunscreen (SPF30 or higher). Students will be reminded to apply sunscreen.
- 3.11 Sunscreen will be applied by students according to the manufacturer's directions, under the supervision of teachers.
- 3.12 Whenever possible, outside activities on hot days should be scheduled before 11:00 am. However we must remember heat and UV are not related. Cloudy days are just as harmful.

- 3.13 The school newsletter, website and school assemblies will be used to highlight and reinforce the sunsmart policy.
- 3.14 Sunsmart activities and sun protection will form part of the Health and Physical Education curriculum at all year levels.
- 3.15 Our school will ensure that it remains a member of the Cancer Council Victoria's Sunsmart schools program.

**4. Evaluation:**

- 4.1 This policy will be reviewed as part of the school's three-year review cycle. Ratified by School Council on May 26<sup>th</sup> 2014.