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 26th 2014.