



SUNSMART

POLICY

Rationale:

- Too much UV radiation from the sun can cause sunburn, skin damage, eye damage and skin cancer. Australia has one of the highest incidences of skin cancer in the world, with two in three Australians developing some form of skin cancer during their lifetime.
- 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 during childhood and adolescence is known to be a major cause of skin cancer. Our sun protection policy is followed from September until the end of April.
- Over exposure to the sun presents a serious health risk. Students must therefore be educated as to the need for suitable sun protection, and protected from over exposure to the sun whilst at school.

Aims:

- To increase student and community awareness of skin cancer and sun protection.
- To ensure all students and staff are protected from over-exposure to UV radiation.
- To assist students to develop strategies which encourage responsible decision-making about sun protection.
- To provide a safe school environment that provides shade for students, staff and the school community.
- Assist students to be responsible for their own sun protection.
- To encourage the entire school community to use a combination of sun protection measures i.e. wear protective clothing, hats and sunscreen during high-risk times such as lunch times, sports, camps and excursions.
- Ensure that families and new staff are informed of the school's SunSmart policy.

Implementation:

- Staff and students 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.
- This policy is to be read as part of our Uniform Policy.
- All students will be required to wear Cancer Council approved close-weave broad brimmed hats from September to the end of April whenever they are outside (Uniform Policy – Hats).
- Staff will act as role models by also wearing hats when outside.
- Students without broad brimmed hats or sun protective clothing will be restricted to a designated shade area (No Hat – No Play).
- Students will be actively encouraged to wear a broad-spectrum water resistant sunscreen (SPF30+ or higher).
- The school will ensure that school uniform broad brimmed hats are available for purchase from the uniform suppliers.

- The school newsletter and school assemblies will be used to highlight and reinforce the sunsmart policy. The policy will appear in the parent handbook.
- SunSmart activities and sun protection will form part of the Health and Physical Education curriculum at all year levels.
- Our school will remain a SunSmart school member at the Cancer Council of Victoria.

Our sun protection strategies:

- All children and staff use a combination of sun protection measures to ensure they are well protected from the sun whenever UV levels are 3 or higher.
- Our SunSmart policy is considered when planning all outdoor events e.g. assemblies, camps, excursions and sporting events. Where possible, we have outdoor activities or events earlier in the morning or later in the afternoon, or we try using indoor venues.

1. Shade

- The school works towards sufficient shelter and/or trees providing shade in the school grounds particularly in areas where students congregate e.g. lunch, outdoor lesson areas & popular play areas.
- In consultation with the school community, shade provision is considered in plans for future buildings and grounds.
- The availability of shade is considered when planning excursions and all outdoor activities.
- Children are encouraged to use available areas of shade when outside.
- Children who do not have appropriate hats or outdoor clothing to remain in the shade or a suitable area protected from the sun.
- A shade audit is conducted regularly to determine the current availability and quality of shade.

2. Clothing

- Sun protective clothing is included in our school uniform / dress code and sports uniform. School clothing is made of close weave fabric and includes shirts with collars and longer sleeves, longer style dresses and shorts.

3. Hats

- Children are required to wear close-weave broad brimmed hats from mid-August to the end of April whenever they are outside (Uniform Policy – Hats).

4. Sunglasses

- Children and staff are encouraged to wear close fitting, wrap around sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.

5. Sunscreen

- SPF 30+ or higher broad spectrum, water resistant sunscreen is recommended for children's use.
- Sunscreen is supplied for staff use.
- Students are encouraged to bring sunscreen to school and apply before going outdoors.
- Sunscreen is applied at least 20 minutes before going outdoors and reapplied every two hours, or more frequently if sweating or swimming.

- Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminder notices, sunscreen monitors, sunscreen buddies).

6. Role modelling

- Staff act as role models by:
 - wearing sun protective hats, clothing and sunglasses when outside
 - applying SPF 30+ or higher broad spectrum, water resistant sunscreen
 - seeking shade whenever possible
- Families and visitors are encouraged to use a combination of sun protection measures (sun protective clothing and hats, sunglasses and sunscreen) when participating in and attending outdoor school activities.

7. Curriculum

- Programs on skin cancer prevention are included in the curriculum for all grade levels.
- SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, parent meetings, staff meetings, school assemblies, student and teacher activities and during student enrolment.
- **This policy was last reviewed in August 2018.**