



SUNSMART POLICY

Rationale

Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer in later life. Australia has one of the highest rates of skin cancer in the world, with two in three Australians developing some form of skin cancer before age 70. 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.

Aims

- To educate students as to suitable SunSmart protection strategies.
- To encourage students and teachers to protect themselves from the harmful effects of the sun.
- To ensure all students and staff have some UV exposure for vitamin D.
- To encourage the entire school community to use a combination of sun protection measures. Whenever UV Index levels reach 3 and above.
- To work towards a safe school environment that provides shade for students, staff and the school community at appropriate times.
- To assist students to be responsible for their own sun protection.
- To ensure that families and new staff are informed of the schools SunSmart Policy.

Implementation

- Students will be actively encouraged to apply a broad spectrum water resistant sunscreen (SPF30+) at home before coming to school which is provided by their parents or guardians. Each student will have access to SPF 50+ pump action sunscreen in their classroom.
- Sunscreen to be applied by the student at least 20 minutes prior to going outdoors (where possible).
- SunSmart activities, sun protection and programs on skin cancer prevention and vitamin D will form part of the Health and Physical Education curriculum at all year levels.
- SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school homepage, UV app, parent meetings, staff meetings, school assemblies, student and teacher activities and on student enrolment. Strategies are in place to remind students eg: signs in the classroom, sunscreen monitors, UV monitors etc.
- Staff will act as role models by also wearing broad brimmed hats when outside. Parents, visitors and school community will also be encouraged to be role models when participating in and attending outdoor activities.
- Whenever possible, outside activities in Terms 1 and 4 should be scheduled before 11am or whenever index levels reach Level 3 or above.
- School SunSmart hats are available for purchase from the uniform shop and are part of the school uniform requirements.
- Our school will continue to be accredited as a SunSmart school through the Anti-Cancer Council of Victoria.
- In extreme weather conditions, the sporting program will be cancelled.
- Staff 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.

The school uses a combination of sun protection measures for all outdoor activities from September to the end of April and whenever UV Levels reach 3 and above:

- A shade sail audit is conducted regularly to determine the current availability and quality of shade.
- The School Council makes sure there is a sufficient number of shelters and trees providing shade in the school grounds particularly in areas where students congregate eg: lunch, outdoor lesson areas and popular play areas.
- The availability of shade is considered when planning excursions and all other outdoor activities.





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- In consultation with School Council, shade provision is considered in plans for future buildings and grounds.
- Students are encouraged to use available areas of shade when outside.
- Students who do not have appropriate hats or outdoor clothing are asked to play in the shade or a suitable area protected from the sun.
- Sun protective clothing is included in our school uniform policy. School clothing is cool, loose fitting and made of densely woven fabric. It includes shirts with collars and elbow length sleeves, longer style dresses and shorts.
- Rash vests or t-shirts are used for outdoor swimming and water activities.
- All students will be required to wear Anti-Cancer approved close-weave broad brimmed hats (at least 8cm ridged brim or legionnaire hats) from September to the end of April or whenever UV levels reach 3 or more and are encouraged to keep their hats at school all year round. Baseball or peak caps and visors are not considered a suitable alternative.
- Where practical, students 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 as possible.
- Sunscreen is applied at least 20 minutes (where possible) before going outdoors and reapplied every 2 hours if outdoors.

Evaluation

- This Policy will be reviewed when required due to changes in regulations or circumstances.

Ratified Date: 16/06/2019

