



SunSmart policy

Rationale

Some exposure to the sun's ultra violet radiation (UV) is important for health. Too much UV can cause sunburn, skin damage, eye damage and skin cancer. Sun protection is needed whenever the UV Index reaches three or above. UV exposure is a known Occupational Health and Safety risk for staff.

In Victoria, the UV Index is usually three or above for most of the day from the beginning of September to the end of April. During these months particular care should be taken from 10am to 3pm, when UV levels reach their peak. From May to August, the UV Index is usually below three, so sun protection isn't needed.

Too little exposure to sunlight can lead to low vitamin D levels. Vitamin D regulates calcium levels in the blood and is necessary for the development and maintenance of healthy bones, muscles and teeth. Being outdoors with some skin exposed when the UV Index is below three supports healthy vitamin D production.

Aims

- Ensure that all children and staff are exposed to healthy levels of UV.
- Encourage the entire school community to use a combination of sun protection measures whenever the UV Index reaches three or above.
- Encourage safe UV exposure whenever the UV Index is below three.
- Work towards a safe school environment that provides shade for children, staff and the school community at appropriate times.
- Assist children to be responsible for their own sun protection.
- Ensure that families and staff are informed of the school's SunSmart policy

Implementation

This policy is to be read as part of our Uniform Policy which includes shirts with collars and elbow length sleeves, longer style dresses and shorts.

Information about the daily sun protect times is available the SunSmart widget on the school website, the free SunSmart app or at www.sunsmart.com.au and www.bom.gov.au

From September to April in Victoria

- Children and staff use a combination of sun protection measures whenever the UV Index reaches three and above. Particular care is taken between 10am and 3pm when UV levels reach their peak.
- 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 day, or we try using indoor venues.

Shade

- School Council makes sure there are sufficient number of shelters and trees providing shade in the school grounds, particularly in areas where children congregate e.g. eating areas and popular play areas.
- In consultation with the School Council, 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 clothing are asked to play under cover.

Clothing

- Cool, loose-fitting, UV protective clothing made of densely woven fabric is included in our school uniform policy. It includes shirts with collars and elbow-length sleeves, longer dresses and shorts.
- Appropriate protective clothing is expected on sports days, excursions and special free dress days (similar to above)
- No sleeveless shirts will be permitted

Hats

- Students will be required to wear a Cancer Council approved close-weave bucket hat with a 6cm brim (school uniform hat) from the beginning of September to the end of April.
- No hat, no play. Students not wearing an appropriate hat will be asked to play under cover
- School uniform hats are available for purchase from the uniform store

Sunglasses

- 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 area as possible.

Sunscreen

Students are encouraged to bring to school and apply their own SPF 30+ (or higher) broad spectrum, water resistant sunscreen. Students are encouraged to come to school wearing sunscreen during summer. Reapplication every two hours is recommended, at least 20 minutes before going outside.

- Children and staff will be actively encouraged to wear a broad-spectrum water resistant sunscreen (SPF30+ or higher). Sunscreen will be provided on excursions in the first aid kits. Sunscreen will be applied by students according to the manufacturer's directions, under the supervision of teachers.
- Parents will be encouraged to apply sunscreen or provide sunscreen for their child when attending school events on and off the school premises.
- Strategies are in place to remind students to apply sunscreen before going outdoors

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 when participating in and attending outdoor school activities.

From May to August in Victoria

To help maintain vitamin D levels, sun protection measures are not used when the UV Index is below three.

Curriculum

- Whenever possible, outdoor activities, on days where the UV Index is likely to reach extreme levels, should be scheduled before 11:00am.
- Health Programs on skin cancer prevention and healthy UV exposure are included in the curriculum for all year levels.
- SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school website, parent meetings, staff meetings, school assemblies, student and teacher activities and on student enrolment.

Review

This policy will be reviewed as part of the school's School Review

Ratified by School Council May 2019