



Sunsmart policy

Rationale

A healthy UV exposure helps with vitamin D and minimises skin and eye damage and skin cancer risk. Over exposure to the sun presents a serious health risk. Students and staff must therefore be educated as to the need for some safe sun exposure suitable sun protection, and protected from over exposure to the sun whilst at school or participating in school events on and off the school premises.

Aims

- To educate students and staff as to suitable sunsmart protection strategies.
- To encourage children and staff to get some safe sun exposure for vitamin D and protect themselves from the harmful effects of overexposure to the sun.

Implementation

- This policy is to be read as part of our Student Dress Code which includes shirts with collars and elbow length sleeves, longer style dresses and shorts and rash vests or t-shirts for outdoor swimming.
- Children will be required to wear Cancer Council approved close-weave bucket hat with a 6cm brim (School Uniform Hat) during from September to the end of April (Terms 1 and 4) or whenever the UV levels reach 3 and above whenever they are outside.
- Staff will act as role models by also wearing broad brimmed hats or bucket hats when outside as mentioned in the dot point above.
- Children without the approved bucket hats or covering clothing will be restricted play in designated shaded areas or under cover ways.
- Children and staff will be constantly reminded to bring their approved hat to school at all times from the month September through to the end of April through the school newsletter and any special notices that are sent home when children and staff will be outside participating in special events.
- Children and staff will be actively encouraged to wear a broad-spectrum water resistant sunscreen (SPF30+ or higher). Sunscreen will be provided in each classroom, and 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.
- Sunscreen is applied at least 20 minutes (where possible) before going outdoors and reapplied every two hours if outdoors.
- Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminder notices, sunscreen monitors, sunscreen buddies).
- With parental consent, students with naturally very dark brown or black skin are not required to wear sunscreen to help with vitamin D requirements.
- Students and staff will be encouraged to wear close fitting, wraparound sunglasses that cover most of the eye area as possible (labelled AS 1067).
- Whenever possible, outside activities on hot days should be scheduled before 11:00am.

- The School Council will provide adequate shade structures for students and staff as practicable; particularly over high density play areas such as sand pits and play equipment.
- School uniform bucket hats are available for purchase from the uniform store at all times.
- Students and staff are strongly discouraged from wearing sleeveless tops on sports days, excursions and special free dress days through notices and in the school newsletter.
- The school newsletter and school assemblies will be used to highlight and reinforce the Sunsmart policy and act as a reminder tool to follow the above points to prevent sun damage to themselves.
- Sunsmart activities and sun protection will form part of the Health and Physical Education curriculum at all year levels

Evaluation

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

Ratified by School Council May 2016