

SUNSMART POLICY

Rationale:

- A healthy UV exposure balance helps with vitamin and minimises skin and eye damage and skin cancer risk. 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 educate students as to suitable sunsmart protection strategies.
- To encourage children and teachers to protect themselves from the harmful effects of the sun.

Implementation:

- Children will be required to wear School Council approved school uniform, which will include shirts with collars, and broad brimmed hats that protect the face, neck and ears, from 1st September to 30th April, whenever they are outside and when UV levels are above 3.
- Sun protective clothing is included in our school uniform/dress code. School clothing is cool loose fitting and made of densely woven fabric. It includes shirts with collars, shorts/skorts and rash vests for outdoor swimming.
- Staff will act as role models by also wearing broad brimmed hats when outside. Staff to be aware when UV levels are 3 and above.
- Appropriate School Council approved school uniform hats for students will be readily available in the uniform store room for purchase.
- Staff members may wear broad brimmed hats of their own choosing so long as they have a 7.5cm or greater brim (6 cm brims for bucket hats). Staff can choose to wear a school supplied School Council approved school uniform hat available from the uniform store if they wish.
- Children without broad brimmed hats or covering clothing will be restricted to play in designated shaded areas. Children who habitually don't bring a hat may be restricted from playing outside.
- Children 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. Sunscreen will generally be applied by students themselves or with assistance according to the manufacturer's directions, under the supervision of teachers. The use-by date of sunscreen will be monitored and replaced when necessary. Sunscreen is applied at least 20 minutes (where possible) before going outdoors and reapplied every two hours if outdoors.
- Whenever possible, outside activities on hot days will be scheduled before 11:00 am.
- The school council will provide adequate shade structures for students as practicable; particularly over high density play areas such as sand pits and play equipment.
- The school newsletter and school assemblies will be used to highlight and reinforce the Sunsmart message.
- Sunsmart activities and sun protection will form part of the Health and Physical Education curriculum at all year levels.
- Our school will maintain membership as a Sunsmart school at the Cancer Council Victoria.

Evaluation:

- This policy will be reviewed as part of the school's review cycle.

This policy was last ratified by School Council on....

19th November, 2018