

SUN SMART POLICY

This policy was last ratified by School Council on

This policy is based upon and adapted for our school from the Sun Smart Schools sample policy. For more information, please visit sunsmart.com.au

RATIONALE

A balance of ultraviolet radiation (UV) exposure is important for health. Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. Sun exposure in the first 10 years of life is a major factor in determining future skin cancer risk. 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.

GENERAL PRINCIPLES

This Sun Smart Policy has been developed to:

- ◆ Encourage the entire school community to use a combination of sun protection measures
- ◆ Work towards a safe school environment that provides shade for students, staff and the school community at appropriate times
- ◆ Assist students to be responsible for their own sun protection
- ◆ Ensure that all members of the school community are informed of the school's Sun Smart policy

IMPLEMENTATION

We use a combination of sun protection measures for all outdoor activities during terms 1 and 4

1. Hats

- ◆ All students and staff are required to wear hats that protect their face, neck and ears, i.e. broad brimmed or bucket hats, whenever they are outside during terms 1 and 4. Baseball or peak caps are not considered a suitable alternative

2. Clothing

- ◆ . School clothing is cool, loose fitting and made of densely woven fabric. It includes shirts with collars and longer style dresses and shorts

3. Sunglasses [OPTIONAL]

- ◆ Students and staff may wear sunglasses if desired

4. Shade

- ◆ In consultation with the school council, shade provision is to be considered in plans for current and future buildings and grounds
- ◆ The availability of shade to be considered when planning excursions and all other outdoor activities. This includes the use of our school's portable shelter
- ◆ Students are encouraged to use available areas of shade when outside on high UV days
- ◆ 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

5. Sunscreen

- ◆ Students may provide their own SPF 30+ broad spectrum, water resistant sunscreen.
- ◆ It is recommended to reapply regularly as needed.

RESPONSIBILITIES

SCHOOL:

Provide sufficient areas of shelter and shade in the school grounds and regularly monitor this

- ◆ Encourage students to use available areas of shade when outside on high UV days
- ◆ Students who do not have appropriate hats or outdoor clothing are required to play in the shade or a suitable area protected from the sun

Staff OHS and Role modelling

As part of OHS UV risk controls and role-modelling, staff will:

- ◆ wear sun protective hats and sunglasses (optional) when outside
- ◆ apply SPF 30+ broad spectrum
- ◆ seek shade whenever possible

Curriculum

- ◆ Sun Smart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school homepage, parent meetings, staff meetings, school assemblies, student and teacher activities and on student enrolment

Parents/Carers:

- ◆ Ensure their child wears the correct school uniform **including hat** in terms 1 and 4, and also provide optional sunglasses and sunscreen if desired

Visitors

- ◆ Families and visitors are encouraged to use a combination of sun protection measures (sun protective clothing and hats, sunglasses, sunscreen and shade) when participating in and attending outdoor school activities

EVALUATION

The school council and staff regularly monitor and review the effectiveness of the Sun Smart policy (at least once every three years) and revise the policy when required.