



## SUNSMART POLICY

### Rationale

A healthy balance between too much and too little ultraviolet (UV) radiation from the sun is important for health. Too much UV from the sun can cause sunburn, skin damage, eye damage and skin cancer. Australia has one of the highest rates of skin cancer in the world. Two in three Australians will develop some form of skin cancer before they reach the age of 70. Overexposure to UV during childhood and adolescence is known to be a major cause of skin cancer. Too little UV from the sun can lead to vitamin D deficiency. Vitamin D regulates calcium levels in the blood. It is also necessary for the development and maintenance of healthy bones, muscles and teeth. To ensure a healthy balance between too much and too little UV is maintained, sun protection is used from the beginning of term 4 until the end of term 1. During terms 2 and 3, sun protection is not used unless the UV Index level reaches 3 and above.

### Objectives

The goals of the SunSmart Policy are to:

- Increase student and community awareness about skin cancer and sun protection.
- Encourage the entire school community to use a combination of sun protection measures whenever UV Index levels reach 3 and above.
- Provide a safe school environment with shade for children, staff and the school community.
- Assist children to be responsible for their own sun protection.
- Ensure that families and staff are informed of the school's SunSmart policy.
- Ensure that all children and staff maintain a healthy balance between too little and too much ultraviolet (UV) radiation from the sun.

### Our sun protection strategies

- All children and staff use a combination of sun protection measures during terms 1 and 4. Particular care is taken between 10 am and 2pm (11 am and 3 pm daylight saving time) when UV Index levels reach their peak during the day.
- Sun protection measures are not used during terms 2 and 3
- 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 morning or later in the afternoon, or we try using indoor venues.

#### 1. 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 children congregate e.g. outdoor lesson areas and popular play areas. Children eat lunch indoors.
- 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 are asked to remain in the shade or a suitable area protected from the sun. No Hat = No Play

## **2. Clothing**

Sun protective clothing is included in our school uniform..

School clothing is made of close weave fabric and includes shirts with collars and longer sleeves, longer style dresses and shorts

## **3. Hats**

Children and staff are required to wear hats that protect their face, neck and ears whenever they are outside, such as legionnaire, broad brimmed or bucket hats,

## **4. Sunscreen**

It is recommended that an SPF 30+ broad spectrum, water resistant sunscreen is applied at home. Students need to have their own supply if sunscreen is to be applied at school.

## **Role modelling**

Staff act as role models by:

wearing sun protective hats, clothing and sunglasses when outside

seeking shade whenever possible

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

## **Curriculum**

Programs on skin cancer prevention are included in the curriculum for all year levels.

SunSmart 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.

## **Review**

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

## **Relevant Documents / Links**

<http://www.education.vic.gov.au/about/research/Pages/sunprotect1.aspx>

<http://www.sunsmart.com.au/communities/early-childhood-primary-schools>

Ratified by School Council April 2017