

## SUNSMART POLICY

### RATIONALE

To educate staff, student and families about SunSmart' behaviours. It is important to have a healthy balance of ultraviolet radiation (UV). Too much can cause sunburn, skin and eye damage and skin cancer. Over exposure to UV during childhood and adolescence is a major factor on determining future skin cancer risks. Too little UV can lead to low vitamin D levels. Vitamin D is necessary for the development and maintenance of healthy bones and muscles, and for general health.

### GOALS

- ❖ To ensure all student and staff get some UV for Vitamin D.
- ❖ Encourage entire school community to use a combination of sun protection measures whenever the UV index levels reach 3 and above.
- ❖ 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 new families and staff are informed about the school's SunSmart policy.
- ❖ Use a combination of sun protection measures for all outdoor activities from **September 1st to the 30<sup>th</sup> April inclusive**.

### GUIDELINES

- ❖ Shade:
  - Ensure there are sufficient shelters and trees providing shade to the school grounds particularly in areas where student congregate.
  - The availability of shade is considered when planning excursions and all other outdoor activities.
  - Encourage students to use available shade areas when outside.
  - Students who do not have appropriate hats or outdoor clothing are asked to play in the shade.
- ❖ Clothing:
  - Sun protective clothing is included in our school uniform and sports uniform. I.e. broad brimmed hats, shirts with collars and longer sleeves.
- ❖ Hats:
  - **All** students and staff are required to wear hats that protect their face, neck and ears.
- ❖ Sunglasses:
  - Students and staff are encouraged to wear close fitting, wrap-around sunglasses that meet the Australian Standard 1067 and cover as much of the eye area as possible.
- ❖ Sunscreen:
  - Students encouraged to provide their own SPF30+ broad spectrum, water resistant sunscreen.
  - Allow time for sunscreen to be applied 20 minutes before going outdoors and reapplied every two hours.
- ❖ Staff OHS and Role Modelling:
  - Wear sunscreen and protective hats, clothing and sunglasses when outside.
  - Apply SPF30+ broad spectrum, water resistant sunscreen.
  - Seek shade whenever possible.
- ❖ Curriculum:
  - Programs on skin cancer prevention and vitamin D are included in the curriculum for all year levels

- SunSmart behaviour is regularly reinforced and promoted through school newsletter and at assemblies.

**ACHIEVEMENT MEASURES**

- ❖ The SunSmart policy will be reviewed every three years or as required.

**STATUS:**

Reviewed: 2012

Ratified: 2012

Next Review: 2015