

## SUNSMART POLICY

Over exposure to the sun presents a serious health risk. A balance of UV exposure is important for health. Students must therefore be educated as to the need for suitable sun protection, and must be protected from over exposure to the sun whilst at school.

### Aims:

- To support duty of care requirements and support appropriate OHS strategies to minimise UV risks and associated harms for staff and visitors.
- To educate students as to suitable SunSmart protection strategies.
- To encourage children and teachers to protect themselves from the harmful effects of the sun.
- 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 families and new staff are informed of the school's SunSmart policy.

### Implementation:

- This policy is to be read as part of our Student Dress Code.
- Students will be required to wear close-weave broad brimmed hats, bucket hats or legionnaire hats that cover the face and ears whenever they are outside from September to April and also when UV Index levels reach 3 and above.
- Students will be encouraged to leave their hats at school and to wear them whenever appropriate throughout the year.
- Staff and parents will act as role models by also wearing broad brimmed or bucket hats when outside on yard duty, sports days, camps and excursions.
- Students without broad brimmed/legionnaire hats will be disallowed entrance to the playground and will spend recess and lunchtime in a designated area (gazebo).
- Students will be actively encouraged to wear a broad-spectrum water resistant sunscreen (SPF30+). For health reasons teachers will not provide or administer sunscreen to children.
- The school will provide SPF 30+ for students and staff on sports days, camps or outside excursions. On a typical school day, students are required to provide their own sunscreen and it will be on the school's booklist to remind parents to supply.
- Students are encouraged to apply sunscreen 20 mins before going outdoors. Strategies are in place to remind students about sun protection eg: reminder notices, sunscreen monitors/buddies.
- The school newsletter, emails, blogs and school assemblies will be used to highlight and reinforce the SunSmart policy. Parents will be made aware of the importance of skin cancer prevention and vitamin D.
- Particular care is taken between 10:00am – 2:00pm(11:00am – 3:00pm daylight saving time) when UV Index Levels reach their peak.
- The school provides adequate shade structures for students.
- Appropriate sun protective clothing is included in the school uniform code. Clothing/uniform is cool, loose fitting and made of densely woven fabric. T-shirts must have collars and elbow-length sleeves, and we encourage longer style dresses and shorts, and rash vests or t-shirts for outdoor swimming events.
- The use of wrap-round sunglasses that meet the Australian Standard 1067 (Sunglasses – Category 2, 3 or 4) will be encouraged.

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- SunSmart activities and sun protection will form part of the Health and Physical Education curriculum at all year levels. The program will inform students on skin cancer prevention and the importance of vitamin D.
- Our school is accredited as a Sunsmart school with the Cancer Council of Victoria.

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