

SunSmart

POLICY

Rationale:

A healthy 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. Overexposure to UV during childhood and adolescence 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 necessary for the development and maintenance of healthy bones and muscles, and for general health.

Aims:

This SunSmart Policy has been developed to:

- Ensure all students and staff maintain a healthy UV exposure balance
- Encourage the entire school community to use a combination of sun protection measures whenever 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 that families and new staff are informed of the school's SunSmart policy.

Implementation:

- During Terms 1 and 4 when average UV Index levels reach 3 and above, a combination of sun protection measures are used whenever outdoors including: shade, clothing, hats, sunglasses and sunscreen.

Shade

- A shade audit is conducted regularly to determine the current availability and quality of 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 students congregate e.g. lunch, outdoor lesson areas and popular play areas.
- The availability of shade is considered when planning excursions and all other outdoor activities.
- In consultation with the school council, shade provision is considered in plans for future buildings and grounds.
- Students are encouraged to use available areas of shade 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 / dress code. School clothing is cool, loose fitting and made of densely woven fabric. It includes shirts with collars and longer sleeves, longer style dresses and shorts

Hats

- Students and staff are required to wear hats that protect their face, neck and ears, i.e. legionnaire, broad brimmed or bucket hats, whenever they are outside. (baseball caps do not offer enough protection)

Sunglasses

- Students and staff are encouraged to wear close fitting, wrap-around sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.

Sunscreen

- SPF 30+ broad spectrum, water resistant sunscreen is available for staff and student's use. **Please note** the schools purchasing policy must be followed – only sunscreen listed in the annual Safe Sunscreens Guide as being **free of ‘nano particles’** will be purchased.
- Parents may choose to send sunscreen of their choice with their child but that must not be used by any other student.
- Sunscreen is applied at least 20 minutes before going outdoors and reapplied every two hours if outdoors.
- Students are reminded to apply sunscreen before going outdoors. With parental consent, students with naturally very dark skin are not required to wear sunscreen
- During terms 2 and 3 when average UV Index levels are below 3, sun protection measures are not used unless in alpine regions, near highly reflective surfaces such as snow or outside for extended periods

As part of OH&S UV risk controls and role-modelling, when the UV is 3 and above staff are required to: wear sun protective hats, clothing and encouraged to wear sunglasses when outside apply SPF 30+ broad spectrum, water resistant sunscreen and seek shade whenever possible. 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.

- Programs on skin cancer prevention and vitamin D 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.

Evaluation:

Sale Specialist School Council will monitor and review the effectiveness of this policy (at least once every three years) and revise the policy when required.

Principal _____ School Council President _____

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

September 2011