

SUNSMART POLICY

RATIONALE:

Over exposure to the sun presents a serious health risk. Students must therefore be educated as to the need for suitable sun protection and protected from over exposure to the sun whilst at school or attending the OSHC program.

1 PURPOSE:

- 1.1 To educate students and the school community as to suitable SunSmart protection strategies.
- 1.2 To encourage students and teachers to get some UV exposure for vitamin D and protect themselves from too much UV exposure and the harmful effect of the sun.

2 GUIDELINES FOR ACTION:

- 2.1 Students will be required to wear Cancer Council approved close-weave broad brimmed hats and/or legionnaire type hats (that protect the face, neck and ears) from 1st September to 30th April whenever they are outside.
- 2.2 Students will be encouraged to wear hats when walking to and from school.
- 2.3 Outside these dates, children will be encouraged to bring their hats to school every day as they may be asked to wear them on days where the UV rating is 3 or above. Daily UV readings will be published on the School website throughout the year.
- 2.4 Staff will act as role models by also wearing broad brimmed hats when outside.
- 2.5 Parents will also be encouraged, to act as role models by wearing appropriate sun-protection clothing (e.g. hats and sunglasses) when walking to and from school or during outdoor school activities in which they are participating.
- 2.6 Sun protective clothing is included in our school uniform / dress code and sports uniform. School clothing is cool, loose fitting and made of densely woven fabric. It includes shirts with collars and elbow length sleeves, longer style dresses and shorts and rash vests or t-shirts for outdoor swimming.
- 2.7 Students without appropriate SunSmart hats or covering clothing will be restricted to play in designated shaded areas.
- 2.8 Students will be actively encouraged to wear a broad spectrum sunscreen (SPF30+). Sunscreen will be provided in each classroom and on excursions and applied by students according to the manufacturer's directions. Information about any student with allergic reactions to sunscreen should be maintained. Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminder notices, sunscreen monitors, sunscreen buddies).
- 2.9 The School Council will provide adequate shade structures for students as practicable; particularly over high density play areas such as sand pits and play equipment.

- 2.10 The School Council will ensure that school uniform broad brimmed hats are available for purchase from the uniform shop.
- 2.11 The school newsletter and school assemblies will be used to highlight and reinforce the Sunsmart Policy.
- 2.12 The school community will be encouraged to access the daily UV level (available on the school website).
- 2.13 Sunsmart activities and sun protection will form part of the Health and Physical Education curriculum at all year levels.
- 2.14 On excursions and other planned outdoor activities students will be encouraged to wear other Sunsmart recommended protective attire.

3. BASIS OF DISCRETION:

- 3.1 This policy is to be read as part of our Uniform Policy.
- 3.2 Skin sensitive students are encouraged to bring and apply their own suitable sunscreen protection.
- 3.3 A water resistant sunscreen will be available for outdoor water-based school camps and school swimming sports.

Status: *Approved by School Council 2013*

Policy Review Date: *2016*