

Sunsmart Policy

Rationale

A healthy UV exposure helps with vitamin D and minimises skin and eye damage and skin cancer risk. Unprotected overexposure to the sun during childhood is known to be a major cause of skin cancer. As a staff, we believe that specific procedures can help with vitamin D and minimise the danger of excessive ultraviolet (UV) radiation exposure for students and staff.

Aim

- To achieve a healthy UV exposure balance to help with vitamin D and minimise the risk of skin damage and skin cancer for students and staff.
- To educate the community in safe practices to minimise skin damage through Sun Smart initiatives.

Guidelines for Implementation

- Staff and students are encouraged to access the daily local sun protection times at sunsmart.com.au or on the free SunSmart app to assist with the implementation of this policy.
- A combination of sun protection measures are used for all outdoor activities from September to the end of April and whenever UV levels reach 3 and above.
- The day's timetable is to include the main lunch break between 11:10am-12:00pm and the smaller recess (ie afternoon tea) between 2:10pm- 2:35pm to take advantage of the less harmful times of UV radiation throughout the year. Students are encouraged to play under the shade sails or in the well treed areas that provide shade.
- .When outside, students and staff are to wear hats that protect the face, neck and ears from September to April, when UV levels are highest. Broad –brimmed, bucket or legionnaires hats are available for purchase through the uniform shop.
- A 'No Hat, No Play' approach is taken during recess times from September to April, with students sitting under a shady area if they do not have a hat, after the first week of that period.
- The school sports carnival is arranged as a Twilight Meeting, to avoid further exposure to the sun.
- Students and staff are encouraged to use a SPF50 or higher broad spectrum, water resistant sunscreen. Children are encouraged to apply their own sunscreen, under the supervision of adults. All students are requested to bring a named roll-on sunscreen, as recommended by the Cancer Council at the beginning of each year.
- Sunscreen is applied at least 20 minutes (where possible) before going outdoors and reapplied every two hours if outdoors.
- Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminder notices, sunscreen monitors, sunscreen buddies).

- With parental consent, students with naturally very dark skin are not required to wear sunscreen to help with vitamin D requirements
- Students and staff are encouraged to wear sunglasses (labelled AS 1067) when outdoors.
- Sun protection is considered a valuable component of curriculum and is integrated where possible. It is promoted through the newsletter to the broader community.
- If the temperature is extreme, outdoor classes, such as physical education are taken indoors.(See, 'Extreme Weather Policy')
- Sun protection clothing is a priority of the uniform committee and all students are encouraged to purchase garments through the uniform shop. This includes shirts with collars and elbow length sleeves, longer style dresses and shorts and rash vests or t-shirts for outdoor swimming.
- This policy and adjusted timetable is implemented throughout the year.

Evaluation

This policy will be reviewed in line with the School's Review cycle or as required.