Sun Smart Policy

Context
- Too much ultraviolet (UV) radiation from the sun can cause sunburn, skin damage, eye damage and skin cancer and too little UV radiation from the sun can lead to low vitamin D levels.
- Australia has the highest incidence of skin cancer in the world, with two in three Australians developing some form of skin cancer during their lifetime. Overexposure to the sun during childhood and adolescence is known to be a major cause of skin cancer.

Purpose
- Increase student and community awareness about skin cancer and sun protection.
- 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.
- Assist students to be responsible for their own sun protection.
- Ensure that families and new staff are informed of the school’s Sun Smart Policy.

Guidelines
- All students and staff to use a combination of sun protection measures whenever the UV index reaches 3 and above to ensure they are well protected from the sun. This will be strictly enforced in Terms 1 & 4 and other terms depending on the weather. Particular care is taken between 10:00am and 2:00pm (11:00am and 3:00pm in day light saving months) when UV levels reach their peak during those times.
- Staff encouraged to access the Sunsmart UV Alert at sunsmart.com.au to find out daily local sun protection times, to assist with the implementation of this policy.
- Our Sun Smart policy is considered when planning all outdoor events, eg. Assemblies, camps, excursions and sporting events. When possible, outdoor activities or events are to be held earlier in the morning or later in the day, or to try using indoor venues.
- The School Council conducts a shade audit to ensure that there is sufficient numbers of shelters and tress providing shade in the school grounds, particularly in areas where students congregate.
- Staff to be aware that a certain amount of exposure to UV light is necessary to maintain a healthy level of vitamin D. Vitamin D is essential for healthy bones and muscles and for general overall health. This will be a focus in terms 2 & 3.
- In consultation with School Council, shade provision is to be considered in plans for future buildings and grounds.
- The availability of shade is considered when planning excursions and all outdoor activities.
- Students are encouraged to use available areas of shade when outside.
- Students who do not have appropriate hats or outdoor clothing are required to play in the shade or suitable area protected from the sun.
- Students are required to wear hats that protect their face, neck and ears, eg. Legionnaire, broad brimmed or bucket hats, whenever they are outside during designated times.
- Children 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 whenever they are outside in strong light.
- Staff and students are encouraged to wear SPF 30+ sunscreen during the day. This will not be supplied by the school.
- Staff to act as role models by:
  - Wearing protective hats and sunglasses when outside
  - Applying SPF 30+ sunscreen
  - Seeking shade wherever possible
- Families and visitors to the school are encouraged to use a combination of sun protection measures when participating or attending outdoor school activities.
- Programs on skin cancer prevention to be included in the curriculum for all grade levels.
- Sun Smart behaviour to be regularly reinforced and promoted to the whole school, community through newsletters, school website, parents meetings, staff meetings, school assemblies, student and teacher activities and on student enrolment.
- With parent consent, students who have naturally very dark skin are not required to wear sunscreen, to assist with their vitamin D requirements.

Evaluation
This policy will be reviewed as part of the school’s three year review cycle.

Draft Policy: 17th June 2013
Ratified:
Review: June 2016