

SunSmart Policy

Written by	<i>Leadership Committee</i>
Date Approved by School Council	May 2014

Rationale

Over exposure to the sun presents a serious health risk. Students must therefore be educated as to the need for suitable sun protection. Students must also gain an understanding of the importance of balanced exposure to ultraviolet radiation for their vitamin D levels, essential for healthy bones and muscles.

Aims

- To educate students as to suitable SunSmart protection strategies
- To encourage students and teachers to protect themselves from the harmful effects of the sun
- To educate students about UV exposure for vitamin D levels

Implementation

- This policy is to be read as part of our Student Dress Code which includes shirts with collars and elbow length sleeves, longer style dresses and shorts, and rash vest or t-shirts for outdoor swimming.
- Students will be required to wear Cancer Council approved close-weave broad brimmed hats (at least 7.5 cm rigid brim) bucket and/or a legionnaire hat from September to the end of April, whenever they are outside.
- Staff will act as role models by wearing broad brimmed hats when outside
- Students will be actively encouraged to wear broad-spectrum water resistant sunscreen (SPF30+). Sunscreen provided from home, will be applied by students according to the manufacturer's directions under the supervision of staff
- Sunscreen is applied at least 20 minutes (when possible) before going outdoors and reapplied every two hours it 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 brown or black skin are not required to wear sunscreen to help with vitamin D requirements
- Students will be encouraged to apply SPF30+ sunscreen at all outdoor special events such as sports day and swim carnivals
- 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
- School Council will ensure that school uniform broad brimmed hats are available for purchase from the uniform supplier
- The school newsletter and school assemblies will be used to highlight and reinforce the SunSmart policy
- SunSmart activities and sun protection will form part of the Health and Physical Education curriculum at all year levels
- Our school will be registered as a SunSmart school with the Cancer Council Victoria
- Hot day timetables, depending on the weather conditions, will apply at the school's discretion
- Children without a hat will not participate in outside activities

Evaluation

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