

PURPOSE

- To maintain active awareness of SunSmart behaviour and minimise the harmful effects of UV rays for students and staff.

POLICY GUIDELINES

- A 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. Sun exposure in the first 10 years of life is major factor in determining future skin cancer risk.
- Too little UV from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles and general health.
- The SunSmart policy has been developed to:
 - ensure all students and staff have some UV exposure for vitamin D;
 - 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 sun protection; and
 - ensure that families and new staff are informed of the school's SunSmart policy.
- School Council, when considering school uniform items, will take into account, clothing that is sun protective such as cool and loose fitting, items made of densely open fabric, and include longer style dresses with sleeves and collars on shirts.
- A combination of sun protection measures for all outdoor activities from 1 September to 30 April and whenever UV levels reach 3 and above, the level that can damage skin and eyes. These measures include:
 - providing sufficient shade in the school grounds with shade sails, shade covers and or trees;
 - the availability of shade is considered when planning excursions and all other outdoor activities;
 - interschool sport is organised to be played in the morning during Summer;
 - all students and staff are required to wear hats that protect their face, neck and ears. i.e. legionnaire, broad brimmed or bucket hats whenever outside;
 - hats are to be worn from 1 September to the 30 April;
 - hot day inside timetables to be implemented when temperatures exceed 36 degrees by morning recess time and remain at this level or higher for the lunchtime recess; and
 - parents are encouraged to apply their children with SPF 50+ broad spectrum, water resistant sunscreen before coming to school.
- All staff and parents are encouraged to be SunSmart ambassadors for our children/students and in doing so, be role models by demonstrating as many of the above measures and reminding them about SunSmart strategies.

Documents in support of this policy:

- SunSmart School Policy Review – The Cancer Council of Victoria

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SUNSMART POLICY

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POLICY IMPLEMENTATION

- All staff and students must wear an appropriate broad brimmed, legionnaire or bucket (minimum 6cm brim, deep crown) hat outdoors from the 1 September to the 30 April. This will include excursions, physical education, sport, interschool sport and the Out of School Hours program.
- The school has a 'no hats, no play' policy for students. This means that students without hats must remain in the designated shaded areas.
- Parents are encouraged to apply sunscreen to their children prior to the start of the school day from the 1 September to the 30 April.
- Students are encouraged to use available areas of shade for outdoor activities.
- Staff and parents are encouraged to act as role models by practising SunSmart behaviours.
- SunSmart education will be included in the curriculum, across all levels.
- Teachers will regularly remind students of SunSmart behaviour.
- The SunSmart policy is reflected in the planning of outdoor events where possible, such as, camps, excursions, and sporting events.
- From the 1 September to the 30 April, all outdoor activities will be scheduled, whenever practicable, to minimise time in direct sun especially during peak UV hours between 10am and 2pm (11am and 3pm during daylight saving).
- On extremely hot days (over 36 degrees Celsius at morning recess and remains at this temperature or higher), students will be kept inside and a 'hot day' inside timetable will replace the normal yard duty timetable.
- The school will continue membership with a SunSmart program as part of the Cancer Council of Victoria. This membership ensures our practices in relation to sunsmart behaviour are current, comprehensive and continued.

EVALUATION

- This policy will be reviewed on a cyclical basis in accordance with the School Council policy review schedule or as required by school council.

Policy Area:
Student Engagement and Well Being

Ratified School Council:
August 2016

Next Review: 2020