



SUNSMART

Policy

AIM:

Our SunSmart Policy has been developed to encourage all children attending this school to protect themselves from skin damage caused by the harmful ultra-violet rays of the sun. It is to be implemented from September 1 until April 30 (and whenever UV Index levels reach 3 and above at other times).

RATIONALE

A healthy balance between too much and too little ultraviolet (UV) radiation from the sun is important for health.

Too much UV from the sun can cause sunburn, skin damage, eye damage and skin cancer. Australia has one of the highest rates of skin cancer in the world. Two in three Australians will develop some form of skin cancer before they reach the age of 70. Overexposure to UV during childhood and adolescence is known to be a major cause of skin cancer.

Too little UV from the sun can lead to vitamin D deficiency. Vitamin D regulates calcium levels in the blood. It is also necessary for the development and maintenance of healthy bones, muscles and teeth.

To ensure a healthy balance between too much and too little UV is maintained, sun protection is used from the beginning of September until the end of April and whenever the UV Index level reaches 3 and above. During these months, particular care is taken between 10am - 2pm (11am - 3pm daylight savings time) when UV levels reach their peak.

From May until August, sun protection is not used unless the UV Index level reaches 3 and above.

GUIDELINES:

As part of general SunSmart strategies, our school will:

1. Behaviour:

- Sun protective clothing is included in our school uniform/dress code and sports uniform. School clothing is made of close weave fabric and includes shirts with collars and longer sleeves, longer style dresses and shorts and rash vests or t-shirts for outdoor swimming.
 - Encourage all children to always leave a bucket / broad brimmed hat that protects the face, neck and ears at school.
 - Always have bucket or broad brimmed school hats available for purchase from the School Uniform Shop.
 - From September - April ensure that only children wearing suitable hats will be involved in any outdoor activity such as sport, play, or physical education.
 - Confine children not wearing bucket / broad brimmed hats from September - April to designated shaded areas near the Prep entry doors.
 - All students will be encouraged to wear bucket / broad brimmed hats to and from school.
 - Work with the parent community to encourage the use of SPF 30+ broad spectrum, water resistant sunscreen by children whenever possible from September to April.
 - All classrooms to house a bottle of 30+ broad spectrum water resistant sunscreen. Children will be reminded to reapply sunscreen before going outdoors.
 - Encourage children to use available areas of shade for outdoor activities.
 - Encourage children to wear cool, longer styles shirts with collars/shorts and skirts where possible from September - April.
 - Encourage staff and parents to act as role models by practising SunSmart behaviours.
- NB. All staff to wear hats outside from September - April.

- Ensure that children wear bucket / broad brimmed hats when attending outdoor excursions and sporting functions from September - April.
- 2. Curriculum:**
- Incorporate programs on skin cancer prevention into the curriculum including the Start Up Program.
 - Regularly reinforce SunSmart behaviour in a positive way through newsletters, parent meetings, student and teacher activities.
- 3. Environment:**
- Schedule outdoor activities to minimise time in direct sun particularly during peak UV times between 10am - 2pm (11am – 3pm daylight savings time) whenever possible. NB. Interschool Sport.
 - Organise outdoor activities to be held in shaded areas during warm, sunny weather whenever possible.
 - Maintain and improve areas of shelter, so as to provide adequate shade in the school grounds. eg. Trees / Shade Shelters
- 4. Monitoring & Evaluation:**
- The School Staff and School Council will meet regularly to assess the progress of our Sun Protection Policy. Implement extended times from Term Four 2009.

This policy was last ratified by School Council in....

October 2009