



## **SUN SMART POLICY**

*Policy No.3.6*

---

### **Rationale:**

The Wales Street Primary School SunSmart policy has been developed to ensure that all students and staff of the school are protected from skin damage caused by harmful ultraviolet rays of the sun. This policy will help prevent future skin damage and encourage children to become responsible for their own skin care health.

A healthy balance of the sun's ultraviolet radiation (UV) exposure 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.

Sun Protection is needed whenever UV levels reach three and above. In Victoria average UV levels are three and above from September to the end of April. During these months particular care should be taken between 10am-3pm when UV levels reach their peak.

Too little UV from the sun can lead to low vitamin D levels. Vitamin D regulates calcium levels in the blood. It is also necessary for the development and maintenance of healthy bones, muscles and teeth. From May to August in Victoria, average UV levels are below three so sun protection isn't usually needed during these months unless in alpine regions, near highly reflective surfaces such as snow or outside for extended periods.

### **Aims:**

Increase student and community awareness about skin cancer, sun and heat protection.

- To encourage the whole school community to use a combination of sun protection measures whenever UV levels reach three and above.
- Ensure that all children and staff maintain a healthy UV exposure balance.
- Work toward a school environment that provides shade for students, staff and the school community at appropriate times.
- Assist students to be responsible for their own sun protection.
- Ensure that existing, new families and staff, are informed of the school's Sun smart Policy.

### **Implementation:**

- Children and staff use a combination of sun protection measures whenever UV levels reach 3 and above. Particular care is taken between 10am and 3pm when UV levels reach their peak during the day.
- Our sunsmart policy is considered when planning all outdoor events.

## **Clothing/Hats**

- Ensure all children and staff wear broad brimmed, legionnaire or bucket hat (with a brim of at least 6cm) which protect the face, neck and ears whenever they are outside (recess, lunch, sport, excursions, camps and the Out of School Hours program) from September 1<sup>st</sup> until May 1<sup>st</sup>. The children need to have their shoulders and midriff covered when outdoors. See dress code for further details.
- Encourage the children to wear sunglasses.
- Children without a sun smart hat or appropriate clothing coverage will be required to play in a designated area under shelter. Parents will be notified if their child continually fails to wear a sun smart hat or have inappropriate clothing coverage.
- Sun Protective clothing is included in our school uniform/dress code and sports uniform.

## **Sunscreen**

- Provision of sunscreen will remain the responsibility of parents.
- Encourage the children to bring and apply a broad spectrum water resistant sunscreen, SPF 30+.
- Sunscreen is applied at least 20mins before going outdoors, and reapplied every two hours if outdoors.
- Children are reminded to apply sunscreen before going outdoors.

## **Shade**

- Encourage the use of available areas of shade for outdoor activities, the drinking of water and appropriate play activities on hot days.
- The school council makes sure there is a sufficient number of shelters and trees providing shade in the school grounds particularly in areas where children congregate.
- Whenever possible outdoor activities during Terms 1 and 4 should be scheduled before 11a.m.
- Encourage staff and parents to act as role models by practising Sun smart behaviour.
- Shade provision will be a consideration in all future buildings and grounds development.

## **Curriculum**

- The SunSmart Policy will be regularly reinforced in the School Newsletter, at Assembly and through classroom activities.
- Sun smart activities will be part of the Health and Physical Education Program across all levels of the school.

**From May to August in Victoria** when average UV index is below 3

- To help maintain winter vitamin D levels, sun protection measures are not used from May until August unless the UV index reaches 3 and above.

## **Evaluation:**

This policy will be reviewed tri annually. The staff regularly monitors and reviews the effectiveness of the SunSmart Policy.