

# SunSmart Policy (2021)

This policy applies to all school events on and off-site.

## Rationale

A balance of ultraviolet (UV) radiation exposure is important for health. Too much of the sun's UV radiation can cause sunburn, skin and eye damage and skin cancer. Sun exposure during childhood and adolescence is a 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 for general health.

## Objectives

This SunSmart Policy has been developed to:

- 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
- ensure all students and staff have some UV exposure for vitamin D
- assist students to be responsible for their own sun protection
- ensure that families and new staff are informed of the school's SunSmart policy.

***The school will use a combination of the following sun protection measures for all outdoor activities during terms 1, 3 and 4 and whenever UV levels reach 3 and above at other times:***

### 1. Clothing

Sun protective clothing is included in the school uniform policy. The clothing is cool, loose fitting and made of closely woven fabric. It includes shirts with collars and elbow length sleeves, longer-style dresses and shorts and rashi vests or t-shirts for outdoor swimming

### 2. Sunscreen

- The school supplies SPF 30 or higher broad spectrum, water resistant sunscreen for staff and student's use. This is included on the school's booklist each year.
- Sunscreen is applied at least twenty minutes before going outdoors and reapplied every two hours if outdoors for an extended period and more often if participating in activities in which sunscreen may be washed or wiped off.
- 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 skin are not required to wear sunscreen to help with vitamin D requirements.

### **3. Hats**

All students and staff are required to wear hats that protect their face, neck and ears e.g. legionnaire, broad-brimmed or bucket hats, whenever they are outside. Baseball or peak caps are not acceptable.

***It is an expectation that all students wear a hat during terms 1, 3 and 4 and whenever UV levels reach 3 or above.***

### **4. Shade**

- A shade audit is conducted regularly to determine the current availability and quality of shade
- The school council makes sure there is a sufficient number of shelters and trees providing shade in the school grounds, particularly in areas where students congregate e.g. outdoor learning areas and popular play areas
- The availability of shade is considered when planning excursions and all other outdoor activities.
- In consultation with the Governing Council, shade provision is considered in plans for future buildings and grounds
- Students are actively encouraged to use available areas of shade when outside
- Students who do not have appropriate hats or clothing are asked to play in the shade or an area protected from the sun

### **5. Scheduling**

Extra care is taken during the peak UV radiation times and outdoor activities will be scheduled outside of these times where possible.

A combination of skin protection measures are considered when planning outdoor events (e.g. camps, excursions, sporting activities and swimming carnivals).

### **Staff WHS and role modelling**

As part of WHS UV risk controls and role modelling, when the UV is 3 and above staff will:

- wear sun protective hats, clothing and sunglasses when outside
- apply SPF 30 or higher broad spectrum, water resistant sunscreen
- seek shade whenever possible.

Families and visitors are encouraged to use a combination of sun protection measures e.g. sun protective clothing and hats, sunglasses, sunscreen and shade, when participating in and attending outdoor school activities.

### **Curriculum**

- Programs on skin cancer prevention and vitamin D are included in the curriculum for all year levels.
- SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school homepage, parent meetings, staff meetings, school assemblies, and student and teacher activities and in student enrolment packs.

### **Policy review**

The Governing Council and staff regularly monitor and review the effectiveness of the SunSmart policy (at least every three years) and revise the policy as required.

To be reviewed – January 2024

