

SUNSMART POLICY

Rationale:

A healthy amount of the sun's ultraviolet (UV) radiation exposure is important for health. Over exposure to (UV) radiation causes sunburn, skin damage and increases the risk of skin cancer. Sun exposure in the first 15 years of life contributes significantly to the lifetime risk of developing skin cancer.

Australia has the highest rate of skin cancer in the world. Sun protection is needed whenever UV index levels reach three and above. In Victoria average UV levels of three and above occur from the beginning of September to the end of April. During these months particular care should be taken between 10am-3pm, when UV levels reach their peak.

It is important to provide students with the appropriate amount of sun exposure. Some sun exposure is necessary to maintain healthy levels of vitamin D as well as for the development and maintenance of healthy bones, muscles and teeth.

Aims:

To:

- Ensure that all children and staff understand and maintain a healthy UV exposure balance
- Encourage the entire school community to use a combination of sun protection measures from September 1 to April 30 and at other times when necessary
- Remind children of safe UV exposure whenever UV Index levels are below 3
- Assist children to be responsible for their own sun protection
- Ensure that the school's SunSmart message is encouraged at all school events
- Ensure that families and new staff are informed of the APS SunSmart Policy
- Provide a safe school environment that provides shade for students, staff and the school community.

Implementation:

From 1 September to April 30 and when necessary:

1. Children will be expected to wear legionnaire or broad-brimmed hats which protect the face, neck and ears whenever they are outside. (Baseball caps are not considered acceptable).
2. Children and staff use a combination of sun protection measures whenever UV Index levels reach 3 and above.
3. Children must provide their own SF 30 water resistant sunscreen.
4. Strategies are in place to remind children to apply SPF 30+ broad spectrum, water resistant sunscreen before going out doors during school.
5. Staff will provide an example by also wearing broad-brimmed hats and appropriate clothing when outside.
6. During recess and lunch children without hats will be required to stay in the shade.
7. During PE and sport, students without a hat will be required to wear a hat from the PE supply.
8. On subsequent occasions of not having a hat, students will be issued with a letter to notify their parent/s of the need for a suitable hat.
9. Children will be encouraged to wear appropriate sun protective clothing with collars and sleeves as per the school uniform while engaging in outside activities.
10. The school will ensure it uses school uniform companies that provide SunSmart alternatives and UV protective gear.

11. SunSmart activities and sun protection will form part of the Physical, Personal and Social Learning Strand of the curriculum at all year levels.
 12. Planning for outdoor events e.g. assemblies, camps, excursions and sporting events will incorporate SunSmart practices.
 13. Students remain inside in extreme conditions to avoid over exposure to UV levels.
 14. The school newsletter, website and school assemblies will reinforce SunSmart policies and practices.
 15. The School Council will undertake regular audits to ensure there is a sufficient number of shelters and trees providing shade in the school grounds particularly in areas where children congregate e.g. canteen, outdoor lesson areas and popular play areas.
 16. In consultation with the School Council, shade provision will be considered in the Landscape Master Plan for future buildings and grounds.
 17. The availability of shade is considered when planning excursions and all outdoor activities.
- Note: This policy has been developed with advice and reference to the cancer council of Australia Sunsmart Policy for Primary Schools.

Evaluation:

The School Council will be responsible for the review of the SunSmart Policy within the life of the School Strategic Plan.

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

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