



# SUNSMART POLICY

## **Rationale:**

A healthy balance of the sun's ultraviolet (UV) radiation 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. Overexposure to UV during childhood and adolescence is known to be a major cause of skin cancer.

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

## **Aims:**

The SunSmart Policy aims to:

- Ensure that all children and staff maintain a healthy UV exposure balance.
- Encourage the entire school community to use a combination of sun protection measures whenever UV Index levels reach 3 and above.
- Encourage safe UV exposure whenever UV Index levels are below 3.
- Work towards a safe school environment that provides shade for children, staff and the school community at appropriate times.
- Assist children to be responsible for their own sun protection.
- Ensure that families and new staff are informed of the school's SunSmart policy.

## **Implementation:**

- Our school uses sun protection from September to the end of April
- Children will be required to wear school approved broad brimmed hats from the beginning of September to the end of April whenever they are outside.
- Staff will act as role models by also wearing broad brimmed hats when outside.
- Children without broad brimmed hats will be restricted to play in designated shaded areas.
- From May until August, sun protection measures are not used unless the UV index level reaches three or above.
- SPF 30+ broad spectrum, water resistant sunscreen is available for staff and student use. Children will be reminded to apply sunscreen before going outdoors.
- Particular care is taken between 10am and 3pm when UV Index levels reach their peak.
- Sun protective clothing is part of the school uniform/dress code.
- The school council makes sure there is a sufficient number of shelters and trees providing shade in the school yard. Shade provision is also considered in plans for future buildings.
- The availability of shade is considered when planning excursions and all outdoor activities.
- The school newsletter and school assemblies will be used to highlight and reinforce the SunSmart policy.
- Our school will maintain its accreditation with the Cancer Council of Victoria as a "SunSmart School."

## **Evaluation:**

- This policy will be reviewed as part of the school's policy review cycle.