

# SUNSMART

## Policy

### Rationale:

A healthy UV exposure balance helps with vitamin D but minimises skin cancer risk. Over exposure to the sun presents a serious health risk and can lead to skin and eye damage and skin cancer. Students must therefore be educated as to the need for suitable sun exposure, sun protection, and protected from over exposure to the sun whilst at school.

### Aims:

- To educate students as to suitable sunsmart protection strategies.
- To encourage children and teachers to get some sun exposure for vitamin D but protect themselves from the harmful effects of overexposure to the sun.

### Implementation:

- Staff and students are encouraged to access the daily local sun protection times at [sunsmart.com.au](http://sunsmart.com.au) or on the free SunSmart app to assist with the implementation of this policy.
- A combination of sun protection measures are used for all outdoor activities from **September to the end of April** and whenever UV levels reach 3 and above.
- Children are required to wear School Council approved school uniform, which include shirts with collars, longer styled shorts and skirts, and broad brimmed hats (at least 6 cm brim) from September to April whenever they are outside.
- Staff will act as role models by also wearing broad brimmed hats of their own choosing when outside.
- Appropriate School Council approved school hats for students can be purchased from Quality Teams in Shepparton.
- Children without broad brimmed hats or covering clothing will be restricted to play in designated shaded areas. Children who habitually don't bring a hat may be restricted from playing outside.
- Children are actively encouraged to wear a broad-spectrum water resistant sunscreen (SPF30 or higher). Sunscreen is provided in each classroom, and on excursions. Sunscreen will generally be applied by students themselves.
- Sunscreen is applied at least 20 minutes (where possible) before going outdoors and reapplied every two hours if outdoors.
- 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 management.
- Whenever possible, at times of extreme UV index outside activities will not be scheduled.
- The school council will provide adequate shade structures for students as practicable; particularly over high density play areas such as sand pits and play equipment.
- The school newsletter and school assemblies will be used to highlight and reinforce the sunsmart message.
- Sunsmart activities and sun protection will form part of the Health and Physical Education curriculum at all year levels.
- Our school will maintain membership as a Sunsmart school at the Cancer Council Victoria at an appropriate time in the future.

**Evaluation:**

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

This policy was last ratified by School Council in....	October 2014	
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**Legislation and Standards**

- Occupational Health and Safety Act 2004
- Education and Training Reform Act 2006: Sch.5 Reg. 1 (1.2)

**Relevant documents / links**

- The Compact: Roles and Responsibilities in Victorian government school education: Principle 3 (2012)
- DEECD School Policy & Advisory Guide (SPAG) Sun & UV protection (2011)
- DEECD Health, Safety & Workcover
- Victorian Early Years Learning and Development Framework (VEYLDF)
- Building Quality Standards Handbook (BQSH): Section 8.5.5 Shade Areas (Oct 2011)
- Education and Training Parliamentary Committee Inquiry into Dress Codes and School Uniforms in Victorian Schools - Government Response
- Safe Work Australia: Guidance Note for the Protection of Workers from the Ultraviolet Radiation in Sunlight (2008)
- AS 4685.1: 2014 Playground equipment and surfacing – General safety requirements and test methods