

## SUN PROTECTION POLICY

### **RATIONALE:**

Our Sun Protection policy has been developed to ensure that all students and staff attending this school have a healthy UV exposure balance to help with vitamin D and are protected from skin damage caused by overexposure to harmful ultraviolet rays of the sun. It is to be implemented from September through to and including April.

### **AIMS:**

- 1.1 To inform and educate students, staff and the community about the risks of skin cancer and eye damage from excessive exposure to the sun.
- 1.2 To encourage the preventative strategies which reduce exposure to the sun.
- 1.3 To assist children to make informed decisions about skin and eye protection.
- 1.4 Working towards a safe outdoor environment that provides shade for students, staff and families.

As a health promoting school we will support the sun protection of students, staff and families through learning, policies, creating a safe and healthy physical and social environment, and developing community links and partnerships.

### **2. BROAD GUIDELINES**

- 2.1 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.
- 2.2 Students need to be actively involved in monitoring their own UV exposure and to make appropriate decisions to protect themselves.
- 2.3 The focus of the program will be the development of students' attitudes and building confidence in using preventative measures to protect their health.

### **3. IMPLEMENTATION**

- 3.1 Require students to wear broad brimmed hats which protect the face, neck and ears whenever they are outside (eg. recess, lunch, sport, excursions, etc.).
- 3.2 Allow students to provide their own SPF 30+ or above broad-spectrum, water resistant sunscreen. The school will also make available access to SPF 30+ broad-spectrum, water resistant sunscreen for staff and students who may require it. Students will be encouraged to wear sunscreen between September and April, and will be able to apply it, where possible, 20 minutes before going outdoors for the duration recommended on the sunscreen.
- 3.3 Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminder notices, sunscreen monitors, sunscreen buddies)
- 3.4 Sun protective clothing is included in our school uniform/dress code. School clothing is cool loose fitting and made of densely woven fabric. It includes shirts with collars and elbow length sleeves and longer style shorts/dresses.

- 3.5 Encourage children to use available areas of shade for outdoor activities.
- 3.6 Staff and parents will be encouraged to act as role models by practising Sun Smart behaviours.
- 3.7 Children not wearing hats or appropriate clothing are to remain in designated shade areas.
- 3.8 Communication will be made with parents of students who do not regularly wear a hat.

#### **4. CURRICULUM**

- 4.1 The Sun Smart program will form part of the Prep-6 health program based on resource material from the Sun Smart Organisation, Cancer Council and relevant sections of the Health Course.
- 4.2 Reinforce Sun Smart behaviours in a positive way through assemblies, newsletters, parent meetings, student activities.
- 4.3 Ensure the Sun Smart policy is reflected in the planning of all outdoor events such as camps, sporting events, etc.

#### **5. ENVIRONMENT**

- 5.1 Schedule outdoor activities to minimise exposure during high risk times of the day whenever possible.
- 5.2 Consideration of alternative programs on days of extreme heat
- 5.3 Work toward increasing the availability of shade areas and trees to provide adequate shade in the school ground.

#### **6. EVALUATION**

- 6.1 Review of Sun Smart behaviour of students, staff, parents, and visitors and further recommendations for improvement.
- 6.2 Assess shade provision and usage and make recommendations for further shade of areas.
- 6.3 Update and promote curriculum material relevant to Sun Smart activities.

The sun protection policy will be monitored and reviewed by the staff, school council, student representatives and the health and wellbeing team at least once every three years.

#### **EVALUATION:**

This policy will be reviewed as part of the school's annual review cycle  
This policy was last ratified by school Council: June 2015