



Sunsmart
POLICY
STRATHAIRD PRIMARY SCHOOL
February 2018



Rationale

It's important to have a healthy balance of ultraviolet radiation (UV) exposure. Too much UV can cause sunburn, skin and eye damage and skin cancer. Overexposure to UV during childhood and adolescence is a major factor in determining future skin cancer risk. Too little UV can lead to low vitamin D levels. Vitamin D is necessary for the development and maintenance of healthy bones and muscles, and for general health. Overexposure to UV during childhood and adolescence is a major factor in determining future skin cancer risk. Melanoma is the most common cancer in young Australians aged 13-24 years.

Objectives

This SunSmart Policy has been developed to:

- Ensure all students and staff get some UV for vitamin D.
- Encourage the entire school community to use a combination of sun protection measures whenever UV Index levels reach 3 and above to minimise skin and eye damage and skin cancer risk.
- Work towards a safe school environment that provides shade for students, staff and the school community at appropriate times.
- Assist students to be responsible for their own sun protection.

We use a combination of sun protection measures for all outdoor play and activities from **September to the end of April**.

1. Shade

- A shade audit is conducted annually to determine the current availability and quality of shade.
- The School Council considers there is a sufficient number of shelters and trees providing shade in the school grounds particularly in areas where students congregate e.g. lunch, canteen, outdoor lesson areas and popular play areas.
- The availability of shade is considered when planning excursions and all other outdoor activities.
- In consultation with the School Council, shade provision is considered in plans for future buildings and grounds.
- Students are encouraged to use available areas of shade when outside.
- Students who do not have a school hats are required to play in the shaded area at the stage so they are protected from the sun.

2. Clothing

- School uniform provides protection from the sun. It is loose fitting and includes shirts with collars and longer sleeves, longer style dresses and shorts.

3. Hats

- **All** students and staff are required to wear hats that protect their face, neck and ears, i.e. school legionnaire or bucket hats, whenever they are outside from September to April. Baseball or peak caps are not acceptable and are not part of the school uniform or SunSmart policy.

4. Sunscreen

- The school provides SPF 50+ UVA and UVB broad spectrum, water resistant sunscreen for staff and student's use.

- Students can provide their own sunscreen.
- A small number of students may have allergic reactions to the chemicals in sunscreen. Such allergies should be identified by parents when they provide the school with medical advice about their children. Parents of children with allergies need to ensure their children are adequately protected from the sun.
- Students are encouraged to be responsible for their own sun protection. They are reminded regularly to apply sunscreen before going outdoors from September to April.

Staff OHS and Role modelling

- As part of OHS UV risk controls and role-modelling, staff are required to wear sun protective hats from September to April.

Curriculum

- SunSmart behaviour is regularly reinforced in classrooms and Physical Education programs for all year levels.
- SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school website, school assemblies, student and teacher activities and on student enrolment.

Staff are encouraged to access the SunSmart UV Alert on the SunSmart App to find out daily local sun protection times to assist with the implementation of this policy.

Evaluation

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

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

This policy was last ratified by School Council on 20th February 2018

Martin Shepherd
Principal

Chris Johnstone
School Council President