

# SUNSMART

## POLICY

### Rationale

A balance of ultraviolet radiation (UV) exposure is important for health. Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. Sun exposure in the first 10 years of life is a major factor in determining future skin cancer risk.

Too little UV from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health.

### Objectives

This SunSmart Policy has been developed to:

- Ensure all students and staff have some UV exposure for vitamin D.
- Encourage the entire school community to use a combination of sun protection measures whenever UV Index levels reach 3 and above.
- 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.
- Ensure that families and new staff are informed of the school's SunSmart policy.

Staff are encouraged to access the SunSmart UV Alert at [sunsmart.com.au](http://sunsmart.com.au) to find out daily local sun protection times to assist with the implementation of this policy.

We use a combination of sun protection measures for all outdoor activities from September to the end of April and whenever UV levels reach 3 and above, the level that can damage skin and eyes.

### **1. Shade**

- A shade audit is conducted regularly to determine the current availability and quality of shade.
- The school council makes sure 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 appropriate hats or outdoor clothing are asked to play in the shade or a suitable area protected from the sun.

### **2. Clothing**

- Sun protective clothing is included in our school uniform / dress code and sports uniform. School clothing is cool, loose fitting and made of densely woven fabric. It 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. legionnaire, broad brimmed or bucket hats, whenever they are outside. Baseball or peak caps are not considered a suitable alternative. Hats must be worn throughout terms 1 and 4, and at other times from mid-August to the end of April as deemed by the UV rating for that day.

#### **4. Sunscreen**

- Students can provide their own SPF 30+ broad spectrum, water resistant sunscreen. The school will provide a supply of SPF 30+ broad spectrum, water resistant sunscreen and make it readily available to students. Students will be given regular reminders about the importance of applying sunscreen.

#### **Staff OHS and Role modelling**

As part of OHS UV risk controls and role-modelling, when the UV is 3 and above staff:

- wear sun protective hats and clothing when outside
- apply SPF 30+ broad spectrum, water resistant sunscreen
- seek shade whenever possible

Families and visitors are encouraged to use a combination of sun protection measures (sun protective clothing and hats, sunglasses, sunscreen and shade) when participating in and attending outdoor school activities.

#### **Curriculum**

- Programs on skin cancer prevention and vitamin D are included in the curriculum for all year levels.
- SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school homepage, parent meetings, staff meetings, school assemblies, student and teacher activities and on student enrolment.

#### **UV Indicator and Monitors**

A UV indicator will be placed outside so that students know the UV rating for each day. Student monitors will be appointed to set the UV indicator each day from mid-August to the end of April and announce rating at the morning assemblies.

#### **Review**

The school council and staff regularly monitor and review the effectiveness of the SunSmart policy (at least once every three years) and revise the policy when required.

#### **Relevant resources**

- [www.sunsmart.com.au](http://www.sunsmart.com.au) (see 'Communities – Schools' section in particular)..
- <http://www.education.vic.gov.au/school/principals/spag/health/pages/sun.aspx>

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

**May 2020**

*Cavendish Primary School is committed to Child Safety – We have a zero tolerance for child abuse.*

