



Sun Smart Policy

Rationale:

Over exposure to Ultra Violet (UV) radiation 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. Our School has a role to play in educating and modelling healthy sun behaviours to influence our students' and staff outdoor activities. A healthy school environment will encourage some UV exposure for healthy vitamin D absorption and minimise over exposure to reduce skin and eye damage and skin cancer risk.

Aims:

- ensure students and staff maintain a healthy balance of UV exposure from the sun
- work towards a safe school environment that provides shade for students, staff and the school community when required
- assist students to be responsible for their own sun protection
- ensure that families and new staff are informed of the programs
- encourage the entire school community to use a combination of sun protection measures when UV index levels reach 3 or above
- encourage safe UV exposure whenever UV Index levels are below 3.

Implementation:

- This policy is to be read as part of our Student Dress Code.
- Children will be required to wear Anti-Cancer Council approved hats during Terms 1 and 4 whenever they are outside.
- Staff will act as role models by also wearing sun smart hats, or sheltering under an umbrella when outside during Terms 1& 4.
- Children without sun smart hats will be restricted to the Assistant Principal or Principals officer during lunch and recess breaks
- A log of children who regularly have no hat will be kept, with parents notified accordingly
- Children will be actively encouraged to wear a broad-spectrum water resistant sunscreen (SPF30+). Sunscreen will be provided during Sports & Physical Education sessions.
- Whenever possible, outside activities on hot days should be scheduled before 11:00 am.

- 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 Uniform Committee will ensure that school sun smart hats are available for purchase from the uniform store.
- The school newsletter and school assemblies will be used to highlight and reinforce the Sun smart Policy.
- Sun smart activities and sun protection will form part of the Health and Physical Education curriculum at all year levels.
- Our school will follow the Sun smart guidelines outlined by the Anti-Cancer Council of Victoria.

Evaluation:

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