



Sunsmart and Heat Policy

1. Rationale

A balance of ultraviolet radiation (UV) exposure is important for health. Over exposure to the sun presents a serious health risk and can cause sunburn, skin and eye damage and skin cancer. Exposure to the sun's UV during childhood and adolescence is associated with an increased risk of skin cancer in later life. 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. Students must therefore be educated as to the need for suitable sun protection, and protected from over exposure to the sun whilst at school, **during the daily local sun protection times** (issued whenever UV levels are 3 and above), typically from September to the end of April in Victoria.

2. Aims

- i. To educate students as to suitable sunsmart protection strategies.
- ii. To encourage students and teachers to protect themselves from the harmful effects of the sun.

3. Implementation

- i. To assist with the implementation of this policy, staff, students and parents are encouraged to access the daily local sun protection times via the free SunSmart app or at sunsmart.com.au.

Head Protection

- a. All students and teachers must wear a sun smart hat as defined in this policy during lunch and recess breaks, physical education classes, excursions and other outdoor activities. Parents are expected to wear a sunsmart hat when attending excursions.
- b. The hat must protect the ears, back of the neck and the face. This will be a broad brimmed hat with a minimum of 6cm brim.
- c. All students and staff must wear a sun smart hat at After School Care.
- d. Students and parents involved in after school sports training to wear sun smart hats.
- e. A 'No sun smart hat, No play' rule will apply.
- f. Students without broad brimmed hats will have restricted quiet play in the shaded area of the quadrangle.

Body Protection

- a. The wearing of sun protective clothing is encouraged.
- b. Shoulders must be covered i.e. singlet tops and tops with narrow straps are not permitted.
- c. Students must have adequate footwear for sun protection.

Sunscreens

- a. Students must bring their own supply of sunscreen to school each day. Parents are asked to supervise the application of a SPF 30 (or higher) broad-spectrum, water-resistant sunscreen **before** the child comes to school.
- b. Strategies are in place to remind students to re-apply sunscreen before going outside at break times.
- c. The cream will be applied to uncovered skin, i.e. face, arms, legs.
- d. A supply of sunscreen will be available in case students do not have their own container with them.
- e. Parents are to be provided with information and reminders about the policy and procedures through the newsletter.



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Shade

- a. The availability of shade is considered when planning all outdoor activities, particularly in high use areas such as where students have lunch, assemblies, sports, outdoor lessons and play spaces.
- b. Students are encouraged to use available areas of shade when outside.
- c. Students who do not have appropriate hats or clothing (see Body Protection) are to play in the shaded area of the quadrangle.

Physical Education, Sport and Other Outdoor Activities

- a. Where possible, these activities will be scheduled in the mornings, before Intervallo (morning recess). All sun protection measures (hats, clothing, sunscreen and shade) will apply on special activity days such as the Athletics Carnival and the Walkathon.

Relief from Excessive Heat

- a. Students will be encouraged to keep a bottle of water in their bag and will be permitted to drink during class time as required.

Curriculum

- a. Sunsmart activities and sun protection will form part of the Creating a Positive School Environment program at all year levels.

4. Evaluation

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

*This policy was ratified by School Council in March 2017
All policies are available at <http://www.skipps.vic.edu.au/about/policies.html>*