

SUN & UV PROTECTION

POLICY

Rationale:

- A healthy balance of the sun's ultraviolet radiation (UV) exposure is important for health. Too much exposure to UV radiation can cause sunburn, skin and eye damage and skin cancer. 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.
- A combination of sun protection measures are used from the beginning of September to the end of April when UV levels reach 3 and above. During these months particular care is taken during the middle of the day between 10am-3pm when UV levels reach their peak.
- This policy applies to all students and staff and applies to all school events on and off site.

Behaviour:

- Sun protective clothing is included in our school uniform. School clothing is made of close weave fabric and includes shirts with collars and longer sleeves, longer style dresses and shorts.
- Students are not permitted to swim outdoors without a rash vest or t-shirt.
- Children are to wear a wide brimmed (at least 8 cm) hat or a legionnaire style hat when outdoors during school hours.
- Children are encouraged to wear wraparound sunglasses that meet Aust standard 1067 (Sunglasses category 2, 3 or 4).
- Work with the parent community to provide SPF 30+ broad spectrum, water resistant sunscreen for staff and student use. The sunscreen is to be kept below 30°.
- Parents are to advise staff if your child is sensitive to any sun screens and provide the school with a sunscreen that the child can use.
- Sunscreen is applied at least 20 minutes before going outdoors and reapplied every two hours if outdoors.
- Encourage children to use available areas of shade for outdoor activities and those without correct sun protection (sunscreen and hats) must play in the covered outdoor learning area.
- Encourage staff and parents to act as role models by practising SunSmart behaviours.
- UV exposure is a requirement for obtaining essential Vitamin D. From September to April most people need a few minutes of early morning or late afternoon sun exposure a day and from May to August most people require an average two to three hours per week. Dark skinned people will require 3-6 times this exposure.

Curriculum

- Incorporate programs on skin cancer prevention and vitamin D into the curriculum
- Regularly reinforce SunSmart behaviour in a positive way through newsletters, parent meetings, student and teacher activities.
- Assist all students to be responsible for their own sun protection.

Environment

- Schedule outdoor activities before 11:00 am during peak UV periods where possible.
- Organise outdoor activities in areas with plenty of shade if possible
- Work toward increasing the number of shelters and trees so as to provide adequate shade in the school grounds.
- From September to April access the SunSmart UV Alert app, daily, so staff and students can enforce their sun protection measures.

Evaluation

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

This policy was ratified by School Council at its meeting held on **June 23rd, 2014**