



## SUNSMART POLICY

### Rationale:

- Over exposure to the sun presents a serious health risk. Students must therefore be educated as to the need for suitable sun protection, and protected from over exposure to the sun whilst at school or school related activities.

### Aims:

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

### Implementation:

- This policy is to be read as part of our Student Uniform Policy.
- Children will be required to wear school approved (refer to School Uniform policy) broad brimmed hat (at least 7.5 cm rigid brim) or legionnaire hat during terms 1 and 4 (or as advised by the Principal) whenever they are outside. Baseball caps or beanies do not provide enough protection and are therefore not appropriate.
- Staff will act as role models by also wearing broad brimmed hats when outside.
- Children without appropriate hats will be restricted to play in a designated shaded area and a note will be sent home reminding parents of the school's Sunsmart policy.
- Children will be actively encouraged to wear a broad-spectrum water resistant sunscreen (SPF30+). Sunscreen will be applied by students according to the manufacturer's directions, under the supervision of teachers.
- Students will be encouraged to wear sunglasses whilst outside.
- Whenever possible, outside activities on hot days should be scheduled before 11:00 am or after 3pm.
- 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 school will ensure that school uniform broad brimmed hats are available for purchase.
- The school newsletter and school assemblies will be used to highlight and reinforce the sunsmart policy.
- Sunsmart activities and sun protection will form part of the Health and Physical Education curriculum at all year levels.
- Students without the appropriate hat will not participate in outdoor activities.

### Evaluation:

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

### References:

Cancer Council Victoria - <http://www.cancervic.org.au/preventing-cancer/be-sunsmart>

Sun and UV Protection – <http://www.education.vic.gov.au/school/principals/spag/health/Pages/sun.aspx#3>