



RATIONALE

A healthy balance of the sun's ultraviolet radiation (UV) exposure is important for health. Too much UV from the sun can cause sunburn, skin damage, eye damage and skin cancer. Australia has one of the highest rates of skin cancer in the world. Two in three Australians will develop some form of skin cancer before they are 70. Overexposure to UV during childhood and adolescence is a major cause of skin cancer. Sun protection is needed whenever UV levels reach three and above. In Victoria, average UV levels are three and above from September to the end of April during these months particular care should be taken between 10am and 3pm when UV levels reach their peak.

Too little UV from the sun can lead to low vitamin D levels. Vitamin D regulates calcium levels in the blood. It is also necessary for the development and maintenance of healthy bones, muscles and teeth. From May to August in Victoria, average UV levels are below three so sun protection isn't usually needed during these months.

AIMS

- ▶ Ensure that all children and staff maintain a healthy UV exposure balance.
- ▶ Encourage the entire school community to use a combination of sun protection measures whenever UV index levels reach three and above.
- ▶ Encourage safe UV exposure whenever UV index levels are below three.
- ▶ Work towards a safe school environment that provides shade for children, staff and the school community at appropriate times.
- ▶ Assist children to be responsible for their own sun protection.
- ▶ Ensure that families and new staff are informed of the school's SunSmart policy.

IMPLEMENTATION

- ▶ Children and staff use a combination of sun protection measures whenever UV levels reach three and above. Particular care is taken between 10am and 3pm when UV levels reach their peak during the day.
- ▶ Our SunSmart policy is considered when planning all outdoor events, eg: assemblies, camps, excursions and sporting events. Where possible, outdoor activities / events will be scheduled to minimise time in direct sun, eg: earlier in the morning or later in the afternoon. Shaded and indoor venues will be considered.
- ▶ 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 children congregate, eg: lunch, canteen, outdoor lesson areas and popular play areas
 - ▶ in consultation with the school council, shade provision is considered in plans for future buildings and grounds
 - ▶ the availability of shade is considered when planning excursions and all outdoor activities
 - ▶ children are encouraged to use available areas of shade when outside
 - ▶ children who do not have appropriate hats or outdoor clothing are asked to play in the shade or a suitable area protected from the sun
- ▶ Clothing:
 - ▶ sun protective clothing is included in our school uniform / dress code and sports wear.; school clothing is made of close weave fabric and includes shirts with collars and longer sleeves, longer style dresses and shorts and rash vests or t-shirts for outdoor swimming



- ▶ Hats:
 - ▶ children and staff are required to wear hats that protect their face, neck and ears, ie: legionnaire, broad brimmed or bucket hats, whenever they are outside (baseball caps do not offer enough protection and are therefore not recommended)
 - ▶ the parents' club will ensure that broad brimmed hats are available for purchase from the uniform shop
 - ▶ 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
 - ▶ our school is accredited as a Sunsmart school with the anti-cancer council of Victoria
- ▶ Role modelling:
 - ▶ staff act as role models by:
 - ▶ wearing sun protective hats, clothing and sunglasses when outside
 - ▶ applying SPF 30+ broad spectrum, water resistant sunscreen
 - ▶ seeking 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

When average UV Index levels are below 3.

- ▶ To help maintain winter vitamin D levels, sun protection measures are not used from May until August unless UV index level reaches three and above.
- ▶ Sun protection measures are only required when in alpine regions, near highly reflective surfaces such as snow or outside for extended periods.

EVALUATION

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