

SUNSMART POLICY

Rationale

A balance of sun exposure is important for health. Excessive exposure to the sun can cause health problems including sunburn, dehydration, damage to skin and eyes, and an increased risk of skin cancer.

Too little UV exposure from the sun can lead to low Vitamin D levels. Vitamin D is essential for healthy muscles and bones, and overall health.

UV radiation:

- cannot be seen or felt
- can be reflected off surfaces such as buildings, asphalt, concrete, water, sand and snow
- can pass through light clouds
- varies in intensity across the year (highest in Victoria from September - April)
- peaks during school hours

Aim

1. To support staff and students to use a combination of sun protection measures when UV index levels are 3 or above (generally September – April) and allow sun exposure when UV levels are below 3 (generally between May – August).
2. To ensure that there are outdoor environments that provide adequate shade for students and staff.
3. To support our school's strategies to meet its duty of care and occupational health and safety obligations to minimise harmful UV exposure.
4. To ensure students are encouraged and supported to develop independent sun protection skills to help them to be responsible for their own protection.
5. To educate students about suitable protection strategies in line with the SunSmart Cancer Council Victoria guidelines.

Implementation

The Sunsmart Policy is active during all terms on days when the UV Index Level is listed as being at 3 and above (UV Index Level to be taken from a common app/source used throughout the school).

1. Children will be required to wear their approved broad-brimmed Birralee school hats outside.
2. Children without approved hats will be restricted to play in designated shaded areas.
3. Children without approved Birralee school hats will not be permitted to participate in any outside activity such as physical education classes, school sports, interschool sports, camp activities or excursions.
4. Children will be encouraged to wear wrap-around sunglasses (category 2, 3 or 4).
5. Children will be actively encouraged to come to school wearing a broad-spectrum water-resistant sunscreen (SPF30+) and to reapply it during the daytime. Parents need to provide sunscreen for their children (the school does not provide sunscreen).
6. Staff will act as role models by wearing broad-brimmed hats when on yard duty.
7. The School Council will endeavour to provide adequate shade areas for students.
8. Children will be encouraged to use available areas of shade for outdoor activities.
9. The school newsletter and school assemblies will be used to highlight and reinforce the SunSmart policy.
10. SunSmart activities and sun protection will form part of the Health and Physical Education curriculum at all year levels.
11. The SunSmart policy will be reflected in the planning of all outdoor activities (for example: camps, excursions and sporting events).

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