

# Watsonia North P.S

## SunSmart Policy



SunSmart Policy to be used between September and April

### SUNSMART policy

This policy applies to all school events on and off site.

#### Rationale

A balance of ultraviolet radiation (UV) exposure is important for health. Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. Sun exposure in the first 10 years of life is a major factor in determining future skin cancer risk. 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.

#### Objectives

This SunSmart Policy has been developed to:

- Ensure all students and staff, have some UV exposure for vitamin D.
- Work towards a safe school environment that provides shade for students, staff and the school community at appropriate times.
- Assist students to be responsible for their own sun protection.
- Ensure that families and new staff are informed of the school's SunSmart policy.

We use a combination of sun protection measures for all outdoor activities from **September to the end of April**.

#### 1. 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 students congregate e.g. lunch, canteen, outdoor lesson areas and popular play areas.
- The availability of shade is considered when planning excursions and all other outdoor activities.
- In consultation with the school council, shade provision is considered in plans for future buildings and grounds.
- Students are encouraged to use available areas of shade when outside.
- Students who do not have appropriate hats or outdoor clothing are directed to play in the designated shaded areas.

#### 2. Clothing

- Sun protective clothing is included in our school uniform / dress code and sports uniform. School clothing is cool, loose fitting and made of densely woven fabric. It includes shirts with collars and elbow length sleeves, longer style dresses and shorts.
- Students will be required to wear appropriate sun protective clothing for 'out of uniform' days.

#### 3. Hats

- All students and staff are required to wear hats that protect their face, neck and ears, whenever they are outside, from September to April.
- Students who do not have school hats with them will be asked to play in an undercover area that is protected from the sun.
- Students who do not have hats with them will not be allowed to participate in PE, Sports and other activities in the sun. These students will be asked to stay in the nearby nominated school areas, under the teacher's supervision.

#### 4. Sunscreen

- Students must provide their own SPF 30+ broad spectrum, water resistant sunscreen. (There will be an annual fundraiser in Term 3 so that students have sunscreen from September to April.)
- Sunscreen is applied at least 20 minutes before going outdoors and reapplied every two hours if outdoors.
- Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminder notices, sunscreen monitors, sunscreen buddies).

#### 5. Staff

Staff will act as role models for students between September and April by:

- wearing sun protective hats, clothing and sunglasses when outside
- applying SPF 30+ broad spectrum, water resistant sunscreen
- seeking shade whenever possible

**It is important to note that staff will not be applying sunscreen to students.**

#### 6. Families and visitors

- 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.

#### 7. Curriculum

- Programs on skin cancer prevention and vitamin D are included in the curriculum for all year levels.
- SunSmart behaviour is regularly reinforced and promoted to the whole school community.

#### 8. Review

- The school council and staff regularly monitor and review the effectiveness of the SunSmart policy (at least once every three years) and revise the policy when required.