

POLICY STATEMENT

SUNSMART

Rationale:

Over exposure to the sun's Ultraviolet Radiation (UV) presents a serious health risk, in the form of 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 a low vitamin D level. Vitamin D is essential for healthy bones and muscles and for general health. Students must therefore be educated as to the need for a balance of UV exposure and the need for suitable sun protection.

Aims:

- To ensure all students and staff have some UV exposure for vitamin D
- To educate the entire school community as to suitable SunSmart protection strategies.
- To work towards a safe school environment that provides shade for students, staff and the school community
- To educate students to be responsible for their own sun protection
- To ensure that families and new staff are informed of the school's SunSmart policy.

Implementation:

- This policy is to be read as part of our Student Dress Code.
- Children will be required to wear Cancer Council approved close-weave broad brimmed or bucket hats from September to the end of April, whenever they are outside. They will also be required to wear school uniform, consisting of a polo top, with elbow length sleeves or a long sleeved high necked top.
- Staff will act as role models by also wearing sun protective hats and clothing when outside.
- Children without broad brimmed hats and covering clothing will be restricted in their play and will be required to sit in a designated shaded area.
- Staff are encouraged to access the SunSmart UV Alert on the Tecoma Website, as well as being advised of the UV level in the Daily Staff Bulletin, to assist with the implementation of this policy.
- We use a combination of sun protection measures for all outdoor activities from September to the end of April, and whenever UV levels reach 3 and above, the level that can damage skin and eyes.
- 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. Strategies are in place to remind students to apply sunscreen before going outdoors (eg reminder notices).

- Whenever possible, outside activities on hot days should be scheduled before 11:00 am.
- The school council will make sure there are sufficient 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 from the uniform store.
- The school newsletter, website and school assemblies will be used to highlight and reinforce SunSmart behaviour.
- Programs on skin cancer prevention and vitamin D form part of the Health and Physical Education curriculum at all year levels.
- Our school will seek membership as a SunSmart school at the Cancer Council of Victoria.

Evaluation:

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