



# Sun Smart

## 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.

### Aim

- To encourage behaviours that reflect a healthy UV exposure balance, ensuring some sun exposure for Vitamin D while minimising the risk of skin cancer.

### Scope

This policy applies to all school activities, including camps and excursions. It is applicable to all students and staff.

### Implementation

- Students will be required to wear a hat during Terms 1 and 4 whenever they are outside. The hat must be a navy legionnaire, broad-brimmed or bucket hat (with or without the school logo).
- Staff will be positive role models by wearing a legionnaire, broad-brimmed or bucket hat at all times when outside during Terms 1 and 4.
- Students without appropriate hats will be asked to play in the shade or in a suitable area protected from the sun.
- Students will be actively encouraged to wear a broad-spectrum water resistant sunscreen (minimum SPF30+) each day during Terms 1 and 4.
- A broad-spectrum water-resistant sunscreen (minimum SPF30+) will always be available in the First Aid Room and students will be able to access this at all times.
- A broad-spectrum water-resistant sunscreen (minimum SPF30+) will be taken on all excursions and camps during Terms 1 and 4 and will be applied by students under the supervision of teachers.
- When selecting school uniform items, consideration will be given to ensuring they provide adequate sun-protection.
- Whenever possible, outside activities on hot days will be scheduled before lunchtime.
- This policy should also be read in conjunction with the school's Extreme Weather Policy.
- School Council, in consultation with the Principal, will ensure there are sufficient options for shelter and trees to provide shade on school grounds for students, particularly around playgrounds and popular play areas.
- The school newsletter will be used to highlight and reinforce the school's Sun Smart Policy. Appropriate reminders will also be given at school assemblies.

- Education about UV safety, skin cancer prevention and the importance of Vitamin D will be included in the health curriculum for all year levels, where appropriate.

### **References**

- School Policy Advisory Guide  
<http://www.education.vic.gov.au/school/principals/spag/health/pages/sun.aspx>
- <http://www.sunsmart.com.au>

### **Evaluation**

This policy will be reviewed every three (3) years or as deemed necessary.

### **Ratified**

As this is an operational policy it is not required to be ratified by School Council.