

POLICY/ PROGRAM STATEMENT - SUN-SMART

1. RATIONALE

A balance of ultraviolet radiation (UV) exposure is important for health. Too much sun's UV can cause sunburn, skin and eye damage and skin cancer. 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.

2. BROAD GUIDELINES

This sun smart policy has been developed to:

- Ensure all students and staff have some UV exposure for vitamin D
- Encourage children to use available areas of shade for outdoor play activities
- Assist the students to be responsible for their own protection
- Ensure that all families and staff are informed of the school's Sun Smart policy to educate students as to suitable sunsmart protection strategies
- To encourage children and teachers to protect themselves from the harmful effects of the sun

3. IMPLEMENTATION

Shade:

- A shade audit will be conducted regularly to determine availability and quality of shade
- The quality of shade is considered when planning excursions and all other outdoor activities
- Students are encouraged to use available areas of shade when outside
- Students 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 uniform. It includes shirts with collars and elbow length sleeves, longer style dresses and shorts

Hats:

- All students and staff are required to wear hats that protect their face, neck and ears, i.e. legionnaire, broad brimmed or bucket hats whenever they are outside. Baseball or peak caps are not considered a suitable alternative

Sunglasses (optional):

- Students are encouraged to wear close fitting, wrap around sunglasses that meet Australian Standards and cover as much of the eye area as possible

Sunscreen:

- Students are encouraged to apply sunscreen before they come to school whenever the UV index level reaches 3 or above.
- Students are encouraged to provide their own roll on SPF 30+ or higher broad spectrum, water resistant sunscreen. This is so they can apply sunscreen on themselves during the school day.
- Strategies will be in place to remind students to apply sunscreen before going outdoors (e.g. reminder notices, sunscreen monitors)

Staff and OHS role modelling

- As part of OHS UV risk controls and role modelling, when the UV is 3 and above staff:
 - Wear sun protective hats, clothing and sunglasses when outside
 - Apply SPF 30+ or higher broad spectrum, water resistant sunscreen
 - Seek 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.

Sun smart behaviours will be regularly reinforced and promoted to the whole school community through such things as the newsletter, school website, parent information sessions, staff meetings, assemblies etc.

4. EVALUATION

The policy will be reviewed as part of the school's four-year review cycle – or when necessary

To be ratified at School Council