



Sunsmart Policy

Last ratified by School Council: 9th September, 2014

RATIONALE

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

Australia has one of the highest rates of skin cancer in the world. Two in three Australians will develop some form of skin cancer before they reach the age of 70. Overexposure to UV during childhood and adolescence is known to be a major cause of skin cancer. Sun protection is needed whenever UV levels reach three and above. In Victoria average UV levels are three and above from the beginning of September to the end of April. During these months particular care should be taken during the middle of the day between 10am – 3pm when UV levels reach their peak. Too little UV from the sun can lead to low vitamin D levels. Vitamin D regulates calcium levels in the blood. It is also necessary for the development and maintenance of healthy bones, muscles and teeth. From May to August in Victoria, average UV levels are below three so sun protection isn't usually needed during these months unless in alpine regions or near highly reflective surfaces such as snow or water.

AIMS

The goals of the Sun Smart Policy are to:

- Ensure that all children and staff maintain a healthy UV exposure balance.
- Encourage the entire school community to use a combination of sun protection measures such as protective clothing and sunscreens.
- Work towards a safe school environment that provides shade for children, staff and the school community at appropriate times.
- Assist children to be responsible for their own sun protection.
- Ensure that families and new staff are informed of the school's Sunsmart policy.
- To promote suitable Sunsmart protection strategies.

SEPTEMBER TO APRIL

- Children and staff use a combination of sun protection measures from the beginning of September to the end of April. Particular care is taken between 10am and 3pm when UV Index levels reach their peak during the day.
- Our Sun Smart policy is considered when planning all outdoor events e.g. assemblies, camps, excursions and sporting events. Where possible, we have outdoor activities or events earlier in the morning or later in the afternoon.

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 children congregate e.g. lunch, canteen, outdoor lesson areas and popular play areas.
- The availability of shade is considered when planning excursions and all outdoor activities.
- Children are encouraged to use available areas of shade when outside.
- Children who do not have appropriate hats or outdoor clothing are required to play in a specified shaded area.

CLOTHING

- Sun protective clothing is included in our school uniform.

HATS

- Children 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 from the beginning of September to the end of April. Baseball style hats are not permitted at Darraweit Guim Primary School. When a child wears a hat it must be Sunsmart.

EVALUATION

This policy will be reviewed as part of the school's policy review process.