

SunSmart Policy

St. Georges Rd. Primary School

Rationale:

- Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. UV damage accumulated during childhood and adolescence is associated with an increased risk of skin cancer in later life.



Aims:

- To educate students as to suitable SunSmart protection strategies.
- To encourage children and teachers to get some sun exposure for Vitamin D and protect themselves from the harmful effects of overexposure to the sun.

Implementation:

The sun protection measures listed below are used for all outdoor activities **during the daily local sun protection times.**

The sun protection times from the Bureau of Meteorology tell you the time of day UV levels are forecast to reach 3 or higher. At these levels, sun protection is recommended for all skin types. In Victoria, UV levels regularly reach 3 or higher from mid-August to the end of April.

- Staff and students are encouraged to access the daily local sun protection times at sunsmart.com.au or on the free SunSmart app to assist with the implementation of this policy.
- This policy is to be read as part of the St. Georges Rd Primary School Uniform Policy which includes shirts with collars and elbow length sleeves, longer style dresses and shorts and rash vests or t-shirts for outdoor swimming.
- Children will be required to wear school uniform issue close-weave broad brimmed or bucket hats that protect the face, neck and ears whenever they are outside.
- As part of OHS UV risk controls and role-modelling, staff, families and visitors:
 - wear a sun protective hat, covering clothing and, if practical, sunglasses;
 - apply sunscreen; and
 - seek shade whenever possible.
- Children without broad brimmed hats or covering clothing will be restricted play in designated shaded areas.
- The school supplies SPF30 (or higher) broad-spectrum, water-resistant sunscreen for staff and student's use. Children will be actively encouraged to wear a broad-spectrum water resistant sunscreen (SPF30+ or higher) Sunscreen will be provided on excursions and sports days.
- Sunscreen is applied at least 20 minutes (where possible) 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)
- Whenever possible, outside activities on hot days should be scheduled before 11:00 am.
- The school council will provide adequate shade structures for students as practicable; particularly over high density play areas such as sand pits and play equipment.
- The availability of shade is considered when planning all other outdoor activities.
- Students are encouraged to use available areas of shade when outside.
- The School Council will ensure that school uniform broad brimmed and bucket hats are available for purchase from the uniform store.

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- The school newsletter and school assemblies will be used to highlight and reinforce the Sunsmart policy.
- Families will be informed of the Sunsmart policy and shared responsibility for protecting children by supplying school issue broad brimmed or bucket hats.
- Sunsmart activities and sun protection will form part of the Health and Physical Education curriculum at all year levels.

Evaluation:

- This policy will be reviewed as part of the school's three year review cycle.
 - A SunSmart membership renewal will be completed at least once every three years by completing the online form at sunsmart.com.au
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- This policy was last ratified by School Council in... [September, 2017](#)