

# SUNSMART

## POLICY

### **Rationale:**

- A healthy balance of the sun's (UV) radiation exposure is important for health. Too much UV from the sun can cause sunburn, skin damage, eye damage and skin cancer. Too little UV from the sun can lead to low vitamin D levels
- Our SunSmart policy has been developed to ensure that all students and staff attending Wodonga West Primary School are protected from skin damage caused by harmful ultraviolet rays of the sun. Sunprotection measures are used from the beginning of September to the end of April or longer if deemed necessary by the principal. During these months particular care is taken between 10am-3pm when UV levels reach their peak.

### **Aims:**

- To educate students as to suitable sunsmart protection strategies.
- To encourage children and teachers to protect themselves from the harmful effects of the sun.
- Ensure that all children and staff maintain a healthy UV exposure balance

### **Implementation:**

#### **Behaviour**

- Children and staff are required to wear broad-brimmed hats that protect the face, neck and ears whenever they are outside from September to April (recess, lunch, sport, excursions) and at other times as determined by the principal.
- Sun protective clothing is included in our school uniform/dress code and sports uniform. School clothing is made of close weave fabric and includes shirts with collars and longer sleeves, longer style dresses and shorts and short sleeved rash vests or t-shirts for outdoor swimming.
- The school provides classrooms with SPF 30+ broad spectrum, water resistant sunscreen for students and staff to use throughout the year.
- Children participating in swimming programs are required to wear sleeved rash vests or T- shirts.
- Students are encouraged to play in shaded areas for outdoor activities.
- The wearing of sunglasses (AS 1067) by students is optional and they remain the responsibility of the student.
- Staff and parents are encouraged to act as role models by practising SunSmart behaviours.

#### **Curriculum**

- Skin cancer prevention and Vitamin D information will be incorporated into the school's curriculum via the Health and Physical Education program.
- SunSmart behaviour will be regularly reinforced and promoted in the school's newsletters, parent information booklets, parent meetings and student-teacher activities.
- Outdoor activities will reflect the SunSmart Policy.

#### **Environment**

- Broad brimmed hats are mandated from September to April or at other times as deemed necessary by the principal.
- Outdoor activities will be scheduled to minimise time in direct sun with special care taken between 11.00am and 3.00pm during daylight savings whenever possible.
- Outdoor activities will be held in shaded areas where possible.
- Outdoor assemblies will be conducted early in the day, where possible.

- The school will work toward increasing the number of shelters and trees to provide adequate shade in the school grounds.
- Children may drink water as they require it.
- A 'Hot Day' timetable may operate at the principal's discretion and is usually considered for 40+ degrees..

**Evaluation:**

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

May 2010