



### **Rationale:**

A healthy balance between too much and too little ultraviolet (UV) radiation from the sun 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. Too little UV from the sun can lead to vitamin D deficiency. Vitamin D regulates calcium levels in the blood. It is also necessary for the development and maintenance of healthy bones, muscles and teeth.

To ensure a healthy balance between too much and too little UV is maintained, sun protection is used from Week 8 of Term 3 until Week 2 of Term 2 and whenever the UV Index Level reaches 3 and above. From May until August, sun protection is not used unless the UV Index level reaches 3 and above.

### **Objectives:**

The goals of the SunSmart Policy are to:

- Increase student and community awareness about skin cancer and sun protection.
- Encourage the entire school community to use a combination of sun protection measures whenever UV Index levels reach 3 and above.
- Work towards a safe school environment that provides shade for children, staff and the school community.
- Assist children to be responsible for their own sun protection.
- Ensure that families and new staff are informed of the school's SunSmart policy.
- Ensure that all children and staff maintain a healthy balance between too little and too much ultraviolet (UV) radiation from the sun.

### **Our Sun Protection Strategies:**

- All children and staff use a combination of sun protection measures whenever UV Index levels reach 3 and above. Particular care is taken between 10 am and 2pm (11 am and 3 pm) daylight saving time) when UV Index levels reach their peak during the day.
- Sun protection measures are not used from May until August unless the UV Index level reaches 3 and above.
- Our SunSmart 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, or we try using indoor venues.

### **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, outdoor lesson areas and popular play areas.
- In consultation with the school council, shade provision is considered in plans for future buildings and grounds.
- 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 must play in the shade in the courtyard.

### **Clothing**

- 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, and longer shorts.

### **Hats**

- Children are required to wear hats that protect their face, neck and ears, i.e. bucket hats, whenever they are outside. (Please note: Baseball caps do not offer enough protection and are therefore not permitted.)

### **Sunscreen**

- SPF 30+ broad spectrum, water resistant sunscreen is available for staff and student's use. Sunscreen is applied at least 20 minutes before going outdoors and reapplied every two hours if outdoors.
- Staff remind children to apply sunscreen before going outdoors.

### **Role Modelling:**

Staff act as role models by:

- wearing sun protective hats and appropriate clothing when outside
- applying SPF 30+ broad spectrum, water resistant sunscreen
- seeking shade whenever possible

Families and visitors are encouraged to use a combination of sun protection measures (sun protective clothing and hats, sunglasses and sunscreen) when participating in and attending outdoor school activities.

### **Curriculum:**

- Programs on skin cancer prevention are included in the curriculum for all year levels.
- SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school homepage, parent meetings, staff meetings, school assemblies, student and teacher activities and on student enrolment.

### **Review:**

- The school council and staff regularly monitor and review the effectiveness of the SunSmart policy (at least once every three years) and revise the policy when required.

### **Relevant Documents / Links:**

- Victorian Government Schools Reference Guide: 4.5.11 Skin protection  
[www.eduweb.vic.gov.au/referenceguide/enviro/default.htm](http://www.eduweb.vic.gov.au/referenceguide/enviro/default.htm)
- Occupational Health and Safety Act 2004 - Sections 21 and 23: Main Duties of Employers, Section 25: Duties of Employees
- [www.worksafe.vic.gov.au](http://www.worksafe.vic.gov.au) > Laws and Regulations > Acts and Regulations
- Australian Safety and Compensation Council (ASCC): Guidance Note for the Protection of Workers from the Ultraviolet Radiation in Sunlight
- [www.ascc.gov.au/ascc/HealthSafety/HazardsSafetyIssues/UltravioletRadiationinSunlight.htm](http://www.ascc.gov.au/ascc/HealthSafety/HazardsSafetyIssues/UltravioletRadiationinSunlight.htm)
- SunSmart UV Alert (issued whenever the UV Index reaches 3 and above) - [www.sunsmart.com.au](http://www.sunsmart.com.au) or [www.bom.gov.au/announcements/uv/](http://www.bom.gov.au/announcements/uv/)
- SunSmart program: [www.sunsmart.com.au](http://www.sunsmart.com.au) - UV and Vitamin D

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