

Foster Primary School

SUNSMART Policy

Definition:

It's important to have a healthy balance of ultraviolet radiation (UV) exposure. Too much UV can cause sunburn, skin and eye damage and skin cancer. Overexposure to UV during childhood and adolescence is a major factor in determining future skin cancer risk. Too little UV can lead to low vitamin D levels. Vitamin D is necessary for the development and maintenance of healthy bones and muscles, and for general health.

Over exposure to the sun presents a serious health risk. Students must therefore be educated as to the need for suitable sun protection, and protected from over exposure to the sun whilst at school.

To assist with the implementation of this policy, parents, staff and students are encouraged to access the daily local sun protection times via the SunSmart widget on the school's website, the free Sunsmart app, or at sunsart.com.au or mvuv.com.au

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.
- To promote the wearing of hats and other forms of protection

Implementation:

- We use a combination of sun protection measures 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.
- Children are required to wear the school uniform close-woven broad brimmed hats that protect the face, neck and ears from mid-August to the end of April whenever they are outside.
- Sun protective clothing is included in our school uniform / dress code and sports uniform. School clothing is cool, loose fitting and made of densely woven fabric. It includes shirts with collars and longer sleeves, longer style dresses and shorts and rash vests or t-shirts for outdoor swimming.
- Staff will act as role models by also wearing broad brimmed hats when outside.
- School uniform broad brimmed hats and legionnaires hats are available for purchase from the School Office.
- Children without broad brimmed hats and covering clothing will have restricted play in designated shaded areas. Parents will be notified of prolonged reoccurrence.
- Children must provide their own SPF30 (or higher) broad-spectrum, water resistant sunscreen. This is included on the booklist each year. Children will be encouraged to wear SPF30 (or higher) broad spectrum, water resistant sunscreen. Sunscreen will be provided on excursions where necessary. Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminder notices, sunscreen monitors, sunscreen buddies). Sunscreen is applied at least 20 minutes (where possible) before going

outdoors and reapplied every two hours or more frequently if sweating or swimming.

- Adequate shade structures for students above play areas such as sand pits and play equipment will be provided where necessary.
- The School Council makes sure there are sufficient shelters and trees providing shade in outdoor areas particularly in high-use areas.
- 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 newsletter and school assemblies will be used to highlight and reinforce the SunSmart Policy.
- SunSmart activities and sun protection will form part of the Health and Physical Education curriculum at all year levels.

SCHOOL EXCURSION/CAMP GUIDELINES:

- Plan excursions for venues where adequate shade is available. Alternatively aim to provide shade by taking tents and/or umbrellas.
- Encourage that all participants wear appropriate clothing. Wide brimmed or legionnaire style hats are recommended. Shirts with collars and long sleeves and loose fitting baggy shorts or skirts also offer good protection. Fabric should be of close weave to maximise protection against UVR.
- Check that all participants use a suitable sunscreen on exposed areas of skin. Sunscreen is applied 20 minutes (where possible) before going outdoors and reapplied every 2 hours.
- Where swimming is involved, encourage and educate students to wear a T-Shirt in the water (if appropriate for that type of activity and permitted by the swimming pool management).
- Discourage sunbaking or unnecessary exposure to the skin when not actually participating in an outdoor swimming event. Encourage the use of shade.
- Encourage the wearing of suitable UV protective sunglasses (wrap around and meet the Australian Standard 1067) as a further method to protect the eyes from UV exposure.

Evaluation:

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

This Policy was ratified by School Council in **August 2017**

For future information:

<http://www.sunsmart.com.au/forms/default.asp?ContainerID=online-policy-review>
<http://www.sunsmart.com.au/shade-audit/default.aspx?Step=start>

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