

## SUN SMART POLICY

### RATIONALE

Being SunSmart means a balance between sun protection to lower the risk of skin cancer and sun exposure for the production and maintenance of vitamin D. Ultraviolet (UV) radiation is both the major cause of skin cancer and the best natural source of vitamin D. Vitamin D is essential for the development of strong bones and muscles.

Overexposure to UV radiation from the sun causes skin damage, with childhood and adolescence being critical times when this exposure is more likely to contribute to skin cancer later in life. Children are at school five days each week, forty weeks each year during the peak UV radiation times. This means it is essential for schools to not only have practices in place to protect students in their care but also to educate and role model the importance of sun.

As a SunSmart School we recognise the balance between sun protection to reduce the risk of skin damage and sun exposure for vitamin D production.

### AIMS

The Sun Smart Policy aims to promote among students, staff and wider school community: -

- a) positive attitudes and behaviours towards skin protection.
- b) awareness of the harmful damage caused by ultraviolet rays balanced against the value of Vitamin D.
- c) personal responsibility for decision making about skin protection.

### GUIDELINES

- Staff and students are to wear a **broad brimmed hat** (minimum of 7.5cm brim), or **bucket hat** (deep crown that sits low on the head and has an angled brim, which is at least 6 cm wide) or **Legionnaires hats** when outdoors during terms 1, 3 & 4.
- Outside activities are kept to a minimum when the UV level is 3 or above (terms 1, 3 & 4) and at their strongest – between the hours of 10.00am and 3.00pm.
- Encourage students to seek shade for outdoor play and school activities.
- School Dress Code includes shirts with collars and elbow length sleeves and children are encouraged to wear these at all times.

### SCHOOL'S RESPONSIBILITIES

- a) Address skin protection and associated behaviours in its curriculum.
- b) Regularly reinforce this policy via established modes of communication.
- c) Staff role model and reinforce positive skin protection behaviours.
- d) Provide an appropriate number of shelters and shaded areas around the school.
- e) Provide suitable clothing and hats

### HOME RESPONSIBILITIES

- a) The school's Sun Smart Policy and its implication for children will be sent home for parent information.
- b) Parents/carers can actively and positively encourage their children to practice positive skin protection by providing them with an appropriate hat and SPF 30+ broad spectrum, water resistant sunscreen (for their child's use only).
- c) Parents/carers can act as positive role models to help their children be sun-smart.

### CONCLUSION

This has been developed and implemented to not only protect the students and staff in their care from overexposure to UV radiation but also meets our duty of care for students and WH&S obligations for staff.

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