



Policy: **SUN SMART**

Approved at School Council Meeting: **May 2023**

Review: **2026**

This policy applies to all school events on and off site.

Rationale:

- Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. Exposure to the sun's UV during childhood and adolescence is associated with an increased risk of skin cancer in later life. Too little UV from the sun can lead to low Vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health.

Purpose:

This Sun Smart policy provides guidelines to:

- Ensure all students and staff have some UV exposure for vitamin D.
- Ensure all students and staff are well protected from too much UV exposure by using a combination of sun protection measures whenever UV levels reach 3 and above.
- Ensure the outdoor environment is sun safe and provides shade for students and staff.
- Ensure students are encouraged and supported to develop independent sun protection skills.
- Support duty of care requirements.
- Support appropriate OHS strategies to minimise UV risk and associated harms for staff and visitors.

Procedures

- 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.
- A combination of sun protection measures are used for all outdoor activities from **mid-August to the end of April** and whenever UV levels reach 3 and above.

Healthy physical environment

1. Seek shade

- A shade audit is conducted at least annually to determine the current availability and quality of 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 students congregate e.g. lunch, outdoor lesson areas and popular play areas.
- The availability of shade is considered when planning all other outdoor activities and excursions.
- In consultation with the School Council, shade provision is considered in plans for future buildings and grounds.
- Students are encouraged to use available areas of shade when outside.
- Students who do not have appropriate hats or outdoor clothing are asked to sit in a suitable area protected from the sun. A No Hat, No Play policy applies with students sent to designated shaded areas for their year level.

Healthy social environment

2. Slip on sun protective clothing

- 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.

3. Slap on a hat

- All students and staff are required to wear hats that protect their face, neck and ears, i.e. broad brimmed or bucket hats, whenever they are outside. Baseball or peak caps and visors are not considered a suitable alternative. A No Hat, No Play policy applies for students without hats sent to designated shaded areas for their year level.

4. Slop on sunscreen

- The school supplies SPF 30 or higher broad-spectrum, water-resistant sunscreen for staff and student's use.

Strategies are in place to remind students to apply sunscreen before going outdoors and then reapplied every two hours if outdoors (e.g. reminder notices, sunscreen monitors, sunscreen buddies).

Staff and students who may suffer from skin reactions from certain types of sunscreens are encouraged to contact to implement a plan to reduce the risk of a sunscreen reaction at school, such as families sending their child to school with a suitable alternative sunscreen.

5. Slide on sunglasses (if practical)

- Students and staff are encouraged to wear close fitting, wrap-around sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.

Learning and skills

SunSmart behaviour is regularly reinforced and promoted to the whole school community through our newsletters and school assemblies. Students at our school are encouraged to make healthy choices. They are supported to understand effects of sun exposure and are encouraged to be involved in initiatives to promote and model sun protection measures to the whole school. Shepparton East will address sun protection and UV safety education as part of the Health & PE Curriculum.

Engaging children, educators, staff and families

- Staff and families are provided with information on sun protection and vitamin D through family newsletters, noticeboards and the service's website.
- As part of OHS UV risk controls and role-modelling when the UV is 3 and above staff, families and visitors:
 - Wear a sun protective hat, covering clothing and, if practical, sunglasses when outside
 - Apply sunscreen
 - Seek shade whenever possible

Monitoring and review

- The School Council and staff regularly monitor and review the effectiveness of the SunSmart policy (at least once every two years) and revise the policy when required by completing a policy review and membership renewal with SunSmart at sunsmart.com.au.
- SunSmart policy updates and requirements will be made available to staff, families and visitors.