



SUNSMART

POLICY

Rationale:

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

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 develop and instil a positive attitude and culture towards SunSmart practices.

Implementation:

- 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 rash vests or t-shirts for outdoor swimming.
- From the start of September until the end of April, children and staff are required to wear hats that protect their face, neck and ears whenever they are outside. Laurimar PS prefers students and teachers to wear a bucket hat; however legionnaire or broad brimmed hats are also acceptable. Baseball caps do not offer enough protection and are therefore **not allowed**.
- Children and staff are encouraged to wear Australian Standard Sunglasses throughout the year when the UV Index level reaches 3 and above.
- Staff will act as role models by also wearing suitable hats and sunglasses when outside from the start of September until the end of April.
- Children who do not have appropriate hats or outdoor clothing will be asked to play in designated shade area. **NO HAT, NO PLAY!**
- Children will be actively encouraged to wear a broad spectrum water resistant sunscreen (SPF30+). It will be the responsibility of parents to supply sunscreen for their child to avoid allergy issues. Sunscreen is to be stored in their bag.
- Children and staff will be encouraged to use a combination of sun protection measures whenever UV levels reach 3 and above. Particular care is to be taken between 10am and 3pm when UV levels reach their peak. (UV levels can be found at the following website - <http://www.cancervic.org.au>)
- The SunSmart policy is to be considered when planning all outdoor events and whenever possible these events should be scheduled before 11:00am.
- To help maintain winter vitamin D levels, sun protection measures are not used from May until August unless the UV Index level reaches 3 and above.
- In consultation with the school council, shade provision (including trees) is considered in plans for future buildings and grounds. The school council will provide adequate shade structures for students as practicable: particularly over high density play areas such as sand pits and play equipment.
- 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.
- Families and visitors are encouraged to use a combination of sun protection measures.
- Our school is accredited as a SunSmart school with the Anti-Cancer Council of Victoria.

EVALUATION:

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