

Sun Smart Policy

Rationale

A balance of ultraviolet (UV) radiation exposure is important for health. Too much of the sun's UV radiation can cause sunburn, skin and eye damage and skin cancer. Sun exposure in the first 10 years of life is a major factor in determining future skin cancer risk. 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

Objectives

The SunSmart Policy has been developed to encourage the school community to use a combination of sun protection measures in Terms 1, 3 and 4 and whenever UV index levels reach 3 and above.

Staff are encouraged to access the daily UV index level on the BOM website or SunSmart app each day to support the implementation of this policy.

Children and young people are encouraged to be responsible for their own sun protection.

Clothing

Sun protective clothing is included in the school uniform/dress code. The clothing is cool, loose fitting and made of closely woven fabric. It includes shirts with collars and elbow length sleeves, longer style dresses and shorts and rash tops or t-shirts for outdoor swimming.

Sunscreen

The school provides SPF 30 or higher broad spectrum, water resistant sunscreen for staff and students' use.

Strategies are in place to remind students to apply sunscreen at least 20 minutes before going outdoors and to reapply every two hours if remaining outdoors.

Families with children who have naturally very dark skin are encouraged to discuss their vitamin D requirements with their GP or pediatrician.

Hats

All students and staff are required to wear hats that protect their face, neck and ears e.g. broad brimmed or bucket hats during Terms 1, 3 and 4 and whenever the UV levels are 3 and above. Baseball or peak caps are not acceptable.

Shade

Care is taken during the peak UV radiation times and outdoor activities are scheduled outside of these times or in the shade where possible.

Students are encouraged to make use of shade areas when outside.

Students who do not have appropriate hats or clothing are asked to play in the Covered Outdoor Learning Area (COLA)

Curriculum

Programs on skin cancer prevention are included in the curriculum for all year levels.

Sun Smart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school webpage, parent meetings, staff meetings, school assemblies, student and teacher activities and in student enrolment packs.

Endorsed June 2024