



Upper Plenty Primary School

SUNSMART POLICY

Rationale:

- A healthy balance of ultraviolet radiation (UV) exposure is important for health. Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. Too little UV from the sun can lead to low vitamin D levels.
- 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.

Aims:

- To educate students as to suitable Sunsmart protection strategies.
- To educate students on the need to balance UV exposure, ensuring the appropriate levels of vitamin D are sustained. (refer to the vitamin D tracker on sunsmsart.com.au).
- To encourage children and teachers to protect themselves from the harmful effects of the sun.

Implementation:

- Children will be required to wear Cancer Council approved close-weave broad brimmed hats that shade the face, neck and ears from the start of September until the end of April as this is when the sun's UV can be damaging to skin and eyes.
- Sun protective clothing is included in our school uniform. School clothing is cool, loose fitting and made of densely woven fabric. It includes shirts with collars and long sleeve options.
- Children without school broad brimmed hats will be restricted to play in the designated area (gazebo and covered walk ways).
- Staff will be encouraged to act as role models by also wearing broad brimmed hats when outside.
- Appropriate School Council approved school uniform hats for students will be readily available in the uniform store room for purchase.
- Children will have access to broad-spectrum water resistant sunscreen (SPF30+). Sunscreen will be available from the yard duty teacher, and on excursions. Sunscreen will be applied by students under the supervision of teachers. Teachers may apply sunscreen to very young or disabled students if necessary. The use-by date of sunscreen will be monitored and replaced when necessary.
- School Council also approves students wearing close fitting UV protection wrap around AS1067 sunglasses whenever they are outside.
- Whenever possible, outside activities on hot days will be scheduled before 11:00 am.
- The school council will provide adequate shade structures for students as practicable; particularly over high density play equipment.
- Students will be encourage to use available areas of shade when outside.
- The school newsletter and school assemblies will be used to highlight and reinforce the sunsmart message.
- Sunsmart activities and sun protection will form part of the Health and Physical Education curriculum at all year levels.
- Our school will seek membership as a Sunsmart school at the Anti-Cancer Council of Victoria.

Staff OH&S:

As part of the OH&S risk control staff will be asked to:

- wear sun protective hats, clothing and sunglasses when outside from the start of September to the end of April.
- apply SPF 30+ broad spectrum, water resistant sunscreen.
- seek shade whenever possible

Families and visitors are encouraged to use a combination of sun protection measures (sun protective clothing and hats, sunglasses, sunscreen and shade) when participating in and attending school outdoor activities.

Evaluation:

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

This policy was last ratified by School Council in....

December 2018

