

SunSmart Policy

St Albans East Primary School



Date: August 2014

Rationale	<p>A 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. 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.</p>
Aim	<p>The SunSmart policy provides guidelines to:</p> <ul style="list-style-type: none">• 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.• 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.
Implementation	<ul style="list-style-type: none">• 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 the policy.• A combination of sun protection measures are used for all outdoor activities from September to the end of April.• The school makes sure there is a sufficient number of shelters and trees providing shade in the school grounds.• The availability of shade is considered when planning all outdoor activities and excursions.• Students are encouraged to use available areas of shade when outside.• Students who don't have the appropriate hats or clothing are asked to play in designated areas where there is protection from the sun.• Sun protective clothing is included in our school uniform .• All students and staff are required to wear hats that protect their face, neck and ears whenever outside / from September to the end of April.• Students can provide their own SPF 30 or high broad spectrum, water resistant sunscreen. to apply when going outdoors.• Where practical students and staff are encouraged to wear close fitting, wrap-around sunglasses.• SunSmart information and education is included in the curriculum for all year levels.• SunSmart behaviour is regularly reinforced and promoted to the school community through newsletters.• Staff and families are provided with information on sun protection and Vitamin D through newsletters.• Wherever possible, outside activities on hot, sunny days should be scheduled before 11am.• When the temperature exceeds 35 degrees celsius, it will be determined by the Principal (or nominee) whether there is a need for students to spend their breaks supervised inside.



- SunSmart activities and sun protection will form part of the Health & Physical Education curriculum across all levels of the school.



Evaluation

This policy will be reviewed and updated as necessary but no later than three years from the time it is ratified by school council.



Review Year

August 2017