

Policy Name Sun Smart

RATIONALE

Our Sun Smart policy has been developed to ensure that all students attending this school are protected from skin damage caused by the harmful ultra-violet rays of the sun.

AIMS

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.
- Teach children the dangers of exposure to UV radiation of the sun.
- Encourage protective behaviours.

BACKGROUND

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.

IMPLEMENTATION

Behaviour

As part of general Sun Smart strategies, our school will:

- Use a combination of sun protection measures for all outdoor activities from September to the end of April and whenever UV levels reach 3 and above.
 - Require students to wear the school's **broad brimmed hats**, which protect the face, neck and ears whenever they are outside whenever UV levels reach 3 and above. (e.g. recess, lunch, sport, excursions, etc.)
 - Encourage students to provide and use their own SPF 30+ broad spectrum, water resistant sunscreen.
 - Encourage students to use available areas of shade for outdoor activities.
 - Encourage staff and parents to act as role models by practising Sun smart behaviours.
 - Require students to wear sleeved shirts / tops to protect the shoulders.
 - Request that students who do not have appropriate hats or outdoor clothing play in the designated shade areas.
-

Buln Buln Primary School Policies and Procedures

- Include sun protective clothing in our school uniform. School clothing is cool, loose fitting and made of densely woven fabric. It includes shirts with collars and elbow length sleeves.
- The Principal will access the daily local sun protection times at sunsmart.com.au or on the free Sun Smart app and notify staff and students that sun protection measures must be implemented out of mandated times.

Curriculum

The school will regularly reinforce Sun smart behaviour in a positive way through newsletters, student and teacher activities.

Environment

The school will organise outdoor activities to be held in areas of shade whenever possible.

RESOURCES

UV Risk Ratings will be taken from Sun Smart Victoria and Published Daily on the School Website. Staff, parents and guardians will be encouraged to use the Sun Smart App or Website to access daily UV Ratings.

Sun Smart Resources for Schools are also available at <http://www.sunsmart.com.au/communities/early-childhood-primary-schools>.

A supply of 30+ Sunblock will be kept in the first aid room for special circumstances e.g. sports days, outdoor excursions and special events. Business Manager to check use by dates at the start of each year and replace if necessary.

EVALUATION

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

RESPONSIBILITY

Principal and staff and parents.