



GLADESVILLE PRIMARY SCHOOL No 5066

SUNSMART POLICY

Rationale:

It's important to have a healthy balance of ultraviolet radiation (UV) exposure. Too much UV can cause sunburn, skin and eye damage and skin cancer. Overexposure to UV during childhood and adolescence is a major factor in determining future skin cancer risk. Too little UV can lead to low vitamin D levels. Vitamin D is necessary for the development and maintenance of healthy bones and muscles, and for general health.

Aims:

This SunSmart Policy aims to:

- Ensure all students and staff get some UV for adequate vitamin D intake.
- Encourage the entire school community to use a combination of sun protection measures whenever UV Index levels reach 3 and above to minimise skin and eye damage as well as skin cancer risk.
- Work towards a safe school environment that provides shade for students, staff and the school community at appropriate times.
- Assist students to be responsible for their own sun protection.
- Ensure that families and new staff are informed of the school's SunSmart policy.

This policy applies to all school events on and off site.

Implementation:

A combination of sun protection measures for all outdoor activities will be effective from **September to the end of April**.

1. Shade

- The school council will make sure there is a sufficient number of shelters and trees providing shade in the school grounds particularly in areas where students congregate e.g. lunch, canteen, outdoor lesson areas and popular play areas.
- The availability of shade is to be considered when planning excursions and all other outdoor activities.
- In consultation with the school council, shade provision is to be considered in plans for future buildings and grounds.
- Students will be encouraged to use available areas of shade when outside.
- Students who do not have appropriate hats or outdoor clothing will be asked to play in the shade or a suitable area protected from the sun.

2. Clothing

- Sun protective clothing is to be included in our school uniform / dress code and sports uniform. School clothing is to be cool, loose fitting and made of densely woven fabric. It includes shirts with collars and longer sleeves, longer style dresses and shorts, and rash vests or t-shirts for outdoor swimming.

3. Hats

- All students and staff will be required to wear hats that protect their face, neck and ears, i.e. legionnaire, broad brimmed or bucket hats, whenever they are outside. Baseball or peak caps are not considered a suitable alternative.

4. Sunglasses (optional)

- Students and staff are encouraged to wear close fitting, wrap-around sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.

5. Staff OHS and Role modelling

As part of OH&S UV risk controls and role-modelling, when the UV is 3 and above staff will:

- wear sun protective hats, clothing and sunglasses when outside
- apply SPF 30+ broad spectrum, water resistant sunscreen
- seek shade whenever possible

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

6. Curriculum

- Programs on skin cancer prevention and vitamin D will be included in the curriculum for all year levels.
- SunSmart behaviour will be regularly reinforced and promoted to the whole school community through newsletters, school homepage, parent meetings, staff meetings, school assemblies, student and teacher activities and on student enrolment.

Evaluation:

This policy will be evaluated in line with School Council cyclical review of policy documents and school and DEECD priorities.

This policy was last ratified by School Council in June 2014.