

# SUNSMART POLICY



## We are a NO HAT, NO PLAY school.

### Rationale:

• A balance of ultra-violet radiation (UV) exposure is important for health. Too much of the sun's UV 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 health bones and muscles, and for general health.

### Aims:

This SunSmart policy has been developed to;

- Ensure all students and staff have some UV exposure for vitamin D
- Encourage the entire school community to use a combination of sun protection measures between the beginning of September and the end of April
- 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

### Implementation:

- This policy is part of our Uniform Policy
- Children are required to wear an Anti-Cancer Council approved hat from the beginning of September to the end of April whenever they are outside
- Staff will act as role models by also wearing an approved hat when outside
- Children without approved hats will be restricted to play in designated shaded areas
- Children will be actively encouraged to wear a broad-spectrum water resistant sunscreen (SPF50+). Sunscreen will be applied by students according to the manufacturer's directions, under the supervision of teachers
- Apply a generous amount of SPF 30 or higher broad spectrum water resistant sunscreen before going outside and reapply throughout the day. Sunscreen is not as effective if not applied properly
- Whenever possible, outside activities on hot days should be scheduled before 11:00 am
- The school council will provide adequate shade structures for students as practicable; particularly over high density play areas such as sand pits and play equipment
- The School will ensure that school uniform broad brimmed hats are available for purchase from the office
- The school newsletter, alerts via COMPASS and school assemblies will be used to highlight and reinforce the SunSmart policy
- SunSmart activities and sun protection will form part of the Health and Physical Education curriculum at all year levels
- Our school is accredited SunSmart school

References: Exec Memo No 99/039,  
Anti-Cancer Council of Victoria ph: 9635 5148

- On days of extreme weather, the students will remain in their classrooms until such time that they can play safely outside

### **Resources**

- SunSmart UV Alert: available as a free SunSmart app, online [sunsmart.com.au](http://sunsmart.com.au) or [bom.gov.au/weather/UV](http://bom.gov.au/weather/UV), in the weather section of the newspapers. The sun protection times show when the UV is forecast to be 3 or above.

### **Evaluation:**

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

### **Additional information from DET to be considered**

Schools should:

- support staff and students to use a combination of sun protection measures when UV index levels are 3 or above and allow sun exposure when UV levels are below 3
- develop and implement policy and procedures promoting sun-safe practices in consultation with students, staff and parents

Schools can access the daily sun protection times (issued whenever UV levels are forecast to be 3 or about) to assist with the implementation of this policy, see: [SunSmart](#) for sun protection times.

### **UV radiation:**

- cannot be seen or felt
- can be reflected off surfaces such as buildings, asphalt, concrete, water, sand and snow
- can pass through light clouds
- varies in intensity across the year (highest in Victoria from September - April)
- peaks during school hours

### **SunSmart - sun protection times**

The daily sun protection times let you know when you do and do not need sun protection each day. They are available via the free SunSmart app and widget, on the [SunSmart](#) and [Bureau of Meteorology](#) websites and in the weather section of the newspaper.

### **Schools should consider:**

- accessing the daily protection times via the SunSmart app, adding the SunSmart website as a favourite or uploading the free SunSmart widget to the school homepage
- enlisting students to help monitor the daily sun protection times and report them to the school community via the daily bulletin, assembly or PA announcements

### **See:**

- [SunSmart - homepage](#)
- [SunSmart - SunSmart app](#)
- [SunSmart - Widget](#)

References: Exec Memo No 99/039,  
Anti-Cancer Council of Victoria ph: 9635 5148

- [Bureau of Meteorology - UV Index Forecast](#)

*This policy was ratified on 1<sup>st</sup> February 2021*

References: Exec Memo No 99/039,  
Anti-Cancer Council of Victoria ph: 9635 5148