SUNSMART

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:
- To educate students as to suitable Sunsmart protection strategies.
- To encourage children and staff to protect themselves from the harmful effects of the sun throughout the year.

Implementation:
- Children will be required to wear school hats during terms 1 and 4, whenever they are outside.
- In terms 2 and 3 children will be required to keep school hats in their bags so that they can be worn when deemed necessary.
- Staff will be encouraged to act as role models by also wearing hats or holding sun umbrellas when outside.
- Children without hats will be restricted play in designated shaded areas.
- Children will be actively encouraged to wear broad spectrum water resistant sunscreen (SPF30+).
- On days where the expected temperature is above 35°C the longer lunch break will be taken at the morning recess time and the shorter break taken at the lunch time.
- The School will provide adequate shade structures for students as practicable; particularly over high density play areas such as sand pits and play equipment.
- The Uniform Shop will ensure that school uniform hats are available for purchase from the uniform store.
- The school newsletter 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.

Evaluation:
This policy will be reviewed as part of the school’s review cycle.