



# SUNSMART

## WOADY YALOK PRIMARY SCHOOL POLICY

### Rationale:

- A healthy UV exposure helps with vitamin D and minimises skin and eye damage and skin cancer risk. Over exposure to the sun presents a serious health risk. Students must therefore be educated as to the need for some safe sun exposure, suitable sun protection, and protected from over exposure to the sun whilst at school.

### Aims:

- To educate students as to suitable sunsmart protection strategies.
- To encourage children and teachers to get some safe sun exposure for vitamin D and protect themselves from the harmful effects of overexposure to the sun.

### Implementation:

Staff and students are encouraged to access the daily local sun protection times at [sunsmart.com.au](http://sunsmart.com.au) or on the free SunSmart app to assist with the implementation of this policy.

A combination of sun protection measures are used for all outdoor activities from **September to the end of April** and whenever UV levels reach 3 and above.

- This policy is to be read as part of our Student Dress Code which shirts with collars and elbow length sleeves, longer style dresses and shorts and rash vests or t-shirts for outdoor swimming. .
- Children will be required to wear Cancer Council approved close-weave broad brimmed hats or bucket hats (that shade the face, neck and ears) from the beginning of September through until the end of April (or when the U.V. is above 3) whenever they are outside.
- Staff will act as role models by also wearing broad brimmed hats when outside.
- Children without broad brimmed hats or covering clothing will have restricted play in designated shaded areas.
- Children will be actively encouraged to wear a broad-spectrum water resistant sunscreen (SPF30or higher). Sunscreen will be provided in each classroom, and on excursions. Sunscreen will be applied by students according to the manufacturer's directions, under the supervision of teachers.
- Sunscreen is applied at least 20 minutes (where possible) before going outdoors and reapplied every two hours if outdoors.
- Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminder notices, sunscreen monitors, sunscreen buddies).
- With parental consent, students with naturally very dark skin are not required to wear sunscreen to help with vitamin D requirements
- 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 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 will maintain membership as a Sunsmart school at the Cancer Council Victoria.

**Evaluation:**

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

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

**September 2013**