

Northcote Primary School

SUNSMART

Policy draft

Rationale:

- A healthy 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. Too little UV from the sun can lead to low vitamin D levels.
- Over exposure to the sun presents a serious health risk. Students must therefore be educated as to the need for 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 protect themselves from the harmful effects of the sun.

Staff are encouraged to access the daily SunSmart UV Alert at sunsmart.com.au (or on their own school website) to find out daily sun protection times to assist with the implementation of this policy.

Implementation:

From September to April in Victoria

When average UV Index levels reach 3 and above, a combination of sun protection measures are used whenever outdoors including:

- It is recommended that all students wear appropriate clothing that is cool, loose fitting and made of densely woven fabric. This includes shirts with collars and longer 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** (at least 7.5 cm rigid brim), **bucket hats** (at least 6cm brim and should sit low on the head) or **legionnaire –style hats**, whenever they are outside during term 1 and term 4.
- Children and staff are encouraged to wear appropriate hats outside of terms 1 and 4
- Staff, volunteers and teachers in training are required to wear broad brimmed hats when outside for their own protection and to act as role models to students during term 1 and 4, and are encouraged to do so at other times of the year
- Children without the appropriate hat wear or covering clothing will be restricted play in designated shaded areas.
- Children will be actively encouraged to wear a broad-spectrum water resistant sunscreen (SPF30+). Sunscreen will be made available in each classroom, and on excursions for student

use. Sunscreen will be applied by students according to the manufacturer's directions. Students with allergies will be encouraged to supply their own sunscreen.

- Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminder notices, sunscreen monitors, sunscreen buddies).
- 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 appropriate 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.

Staff OHS and Role modelling

As part of OHS UV risk controls and role-modelling, when the UV is 3 and above staff:

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

From May to August in Victoria

When average UV Index levels are below 3, sun protection measures are not used from May until August unless in alpine regions, near highly reflective surfaces such as snow or outside for extended periods.

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 2011