



FOOTSCRAY PRIMARY SCHOOL

Sunsmart Policy



Rationale:

- A healthy balance of the sun's ultraviolet radiation (UV) exposure is important for health. Too much UV from the sun can cause sunburn, skin damage, eye damage and skin cancer. Australia has one of the highest rates of skin cancer in the world. Two in three Australians will develop some form of skin cancer before they are 70.
- Overexposure to UV during childhood and adolescence is a major cause of skin cancer. Sun protection is needed whenever UV levels reach three and above. In Victoria average UV levels are three and above from September to the end of April. During these months extra care is needed between 10am – 3pm when UV levels reach their peak.
- Too little UV from the sun can lead to low vitamin D levels. Vitamin D regulates calcium levels in the blood. It is also necessary for the development and maintenance of healthy bones, muscles and teeth and for general health. From May to August in Victoria, average UV levels are below three so sun protection isn't usually needed during these months unless in alpine regions, near highly reflective surfaces such as snow or outside for extended periods.

Aims:

- Ensure that all students and staff maintain a healthy UV exposure balance.
- Encourage the entire school community to use a combination of sun protection measures whenever UV Index levels reach 3 and above.
- Work towards a safe school environment that provides shade for students, staff and the school community at appropriate times.

Implementation:

- Students and staff use a combination of sun protection measures in Terms 1 and 4 and other times deemed necessary. Extra care is taken between 10am and 3pm when UV levels reach their peak during the day.
- Sun protective clothing is included in our school uniform.
- Students and staff are required to wear hats that protect their face, neck and ears, i.e. legionnaire, broad brimmed or bucket hats, whenever they are outside. (Baseball caps do not offer enough protection and are therefore not recommended.)
- SPF 30+ broad spectrum, water resistant sunscreen is recommended for staff and student's use. Students are encouraged to apply sunscreen before coming to school and before going outdoors, during Terms 1 and 4, sunscreen must be supplied by families.
- Our SunSmart policy is considered when planning all outdoor events e.g. assemblies, camps, excursions and sporting events. Where possible, outdoor activities/events will be scheduled to minimise time in direct sun e.g. earlier in the morning or later in the afternoon. Shaded and indoor venues will be considered.
- Ensure there are a sufficient number of shelters and trees providing shade in the school grounds particularly in areas where students congregate e.g. lunch, canteen, sandpit, outdoor learning areas and popular play areas. Shade provision must be considered in plans for future buildings and grounds.
- Programs on skin cancer prevention and healthy UV exposure levels are included in the Health and PE Curriculum for all year levels.
- SunSmart behaviour is 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 reviewed as part of the school's three-year cycle

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

November 2014