

SUNSMART POLICY

Rationale

A balance of ultraviolet (UV) radiation exposure is important for health. Too much of the sun's UV radiation can cause sunburn, skin and eye damage and skin cancer. Sun exposure in childhood and adolescence is a major factor in determining future skin cancer risk.

Too little UV radiation from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health.

Objectives

This SunSmart policy has been developed to:

- 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
- ensure all students and staff have some UV radiation exposure for vitamin D
- assist students to be responsible for their own sun protection.

The school uses a combination of sun protection measures for all outdoor activities during terms 1, 3 and 4, and whenever UV levels reach 3 and above at other times.

1. Clothing

Sun protective clothing is included in the school uniform.

2. Sunscreen

- Students must provide their own SPF 30 or higher broad spectrum, water resistant sunscreen
- Strategies are in place to remind students to apply sunscreen before going outdoors and reapply as required.

3. Hats

All students and staff are encouraged to wear hats that protect their face, neck and ears eg. legionnaire, broad brimmed or bucket hats, whenever they are outside.

4. Shade

- The availability of shade is considered when planning excursions and all other outdoor activities
- Students are encouraged to use available areas of shade when outside.

Staff WHS and role modelling

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

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

Families and visitors are encouraged to use a combination of sun protection measures eg. sun protective clothing and hats, sunglasses, sunscreen and shade, when participating in and attending outdoor school activities.

Curriculum

- Programs on skin cancer prevention, sun protection and vitamin D are included in the curriculum where appropriate.