



SunSmart Policy

Purpose:

- Australia has the highest rate of skin cancer in the world. Research indicates that childhood sun exposure is an important contributing factor to the development of skin cancer. As Children are at school during times when UV radiation levels are highest, schools play a major role in minimising Children's UV exposure, however too little UV from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles and for general health.
- Our SunSmart policy has been adopted to ensure that all staff and children attending Chewton Primary School are protected from skin damage caused by over-exposure to UV radiation from the sun. This policy is to be implemented from September 1st each year until April 30th of the following year.
- The sun protection practices outlined in this policy will be applied to all school activities, including sports carnivals and excursions, and school community events that include children and staff and which take place during school hours. The policy has been developed in consultation with members of the school community and is approved by the school board.

Aim:

- To ensure all students and staff have some UV exposure for vitamin D.
- Increase children and community awareness about skin cancer and sun protection
- Encourage the entire school community to use of sun protection measures when UV levels reach 3 and above.
- Work towards a safe school environment that provides shade for Children, staff and the school community
- Assist Children to be responsible for their own sun protection
- Ensure that families, community members and new staff are informed of the school's Sun Smart policy
- Acknowledge and fulfill the schools OH&S responsibilities and duty of care when it comes to occupational UV exposure

Implementation:

- All Children and staff use a combination of sun protection measures when conducting outdoor activities. Our SunSmart policy is considered when planning all outdoor events from September 1st through to April 30th, taking particular care between 10am and 2pm (this includes minimising time outdoors between 11am and 3pm during daylight saving time when UV levels are their strongest.) e.g. assemblies, excursions, sporting events and special family days.

Shade

- A shade audit is conducted regularly to determine the current availability and quality of shade.
- Children are encouraged to use available areas of shade when outside.
- Children who do not have appropriate hats or outdoor clothing are asked to sit in a shaded area of the yard.
- The availability of shade is considered when planning excursions and all outdoor activities.
- School Council to ensure there is sufficient number of shelters and trees providing shade in the school grounds in particular where students congregate for lunch and popular outdoor activities.
- School Council to ensure shade provision is considered in plans for future buildings and grounds works.

Clothing

- School Council to ensure that our school uniform policy complies with Sun Smart Guidelines. This includes shoulders covered, collars on shirts and rash vests or t/shirts for outdoor swimming.

Hats

- Children and staff are required to wear hats that protect their face, neck and ears, e.g. legionnaire or broad-brimmed school hats (6cm brim plus) whenever they are outside between September 1st and April 31st. The school will provide the initial hat for each child.
- Baseball/peaked caps do not offer enough protection and are therefore not permitted during our Sun Smart months.

Sunscreen

- SPF30+ broad spectrum, water resistant sunscreen is available for staff and children to use however parents are encouraged to provide approved sunscreen for their children
- Children are encouraged to be responsible for applying and carrying their own sunscreen.
- Sunscreen is applied at least 20min before outdoor activities and reapplied every two hours if outdoors.
- With parent consent, students with naturally very dark skin are not required to wear sunscreen to help with vitamin D requirement.
- Staff are required to act as role models in UV risk controls.

Curriculum

- Programs on skin cancer prevention and vitamin D are included in the curriculum for all levels.
- Sun Smart behaviour is regularly reinforced and promoted to the whole school community through newsletters, assemblies and teacher activities.

Evaluation: This policy will be reviewed as part of the schools three year cycle review.
This statement was ratified by school council on 20/5/2013