

# Sun Smart

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## Rationale:

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St Brigid's Primary School Gisborne accepts its responsibility for ensuring a school environment that is Sun Smart. This is a broad ranging responsibility including education of students, parents and staff about the many ways that sun protection can be achieved, developed and promoted throughout the school. The school recognises that it is essential to develop positive, lifelong attitudes towards sun protection at an early age.

A healthy balance of ultra violet radiation (UV) exposure is important for health. Too much of the sun's UV can cause sunburn, skin damage and skin cancer. Over exposure to UV during childhood and adolescence is a major factor in determining future skin cancer risk. Too little UV from the sun can lead to low vitamin D levels. Vitamin D is necessary for the development and maintenance of healthy bones and muscles, and for general health.

## Aims:

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The aim of the Sun Smart Policy is to provide procedures which will enhance the knowledge of the sun's effect on our lives, and the practices that assist in a healthy lifestyle when exposed to the effect of the sun.

## Objectives:

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This Sun Smart Policy has been developed to:

- Ensure all students and staff get some UV for vitamin D
- Encourage the entire school community to use a combination of sun protection measures whenever UV Index levels reach 3 and above to minimise skin and eye damage and skin cancer risk
- Work towards a safe school environment that provides shade for students, staff and the school community at appropriate times
- Assist students to be responsible for their own sun protection
- Ensure that families and new staff are informed of the school's SunSmart policy. Staff are encouraged to access the SunSmart UV Alert at [www.sunsmart.com.au](http://www.sunsmart.com.au) from September to April in Victoria.

## Implementation:

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

- Promote Sun Smart initiatives throughout the school community.
- Make the wearing of Legionnaires hats, bucket style or broad brimmed hats that shade the face, neck and ears from September to the end of April, compulsory.
- Students who do not have appropriate hats or outdoor clothing are asked to play in the shade or a suitable area protected from the sun. **'No hat - No play'**
- Implement a uniform policy that recognises sun protection factors.
- Sun protective clothing is included in our school uniform, dress code and sports uniform. School clothing is cool, loose fitting and made of densely woven fabric. It includes shirts with collars and longer sleeves, longer style dresses and shorts and rash vests or t shirts for outdoor swimming.
- All parents are encouraged to apply or have their child apply sunscreen prior to coming to school and teach their children the correct way to reapply sunscreen during the day
- The school will provide access to SPF 30 + sunscreen for members of the school community when at school or on school activities. Those students with allergies to sunscreen must provide their own sunscreen if the one provided is not suitable for their use.
- Expect staff and parents to comply with school Sun Protection initiatives when working with the children
- Where possible, schedule outdoor activities in shaded areas and at times that are low Ultraviolet Radiation (UVR)
- Provide natural and artificial shading for children in a variety of areas around the school.
- 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
- Provide alternative indoor play areas on days of extreme heat at the direction of the principal/deputy. Therefore, no school outdoor PE on those days and the hall is used as an alternative
- On days of extreme heat, the children will not be permitted to play outside for long periods of time. An Extreme Weather Program will be called and children will stay indoors wherever possible

- Families and visitors are encouraged to use a combination of sun protection measures (sun protective clothing and hats, sunglasses, sunscreen and shade) when participating in and attending outdoor school activities
- Regularly reinforce Sun Smart behaviours in a positive way through newsletters, excursion planning as well as student and teacher activities.
- Ensure that the Sun Smart policy is reflected in the planning of all outdoor events (e.g. camps, excursions, sporting events)
- *Sunglasses [optional]*  
Students and staff are encouraged to wear close fitting, wrap-around sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible
- SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, staff meetings, school assemblies, student and teacher activities and on student enrolment

#### **Staff WHS and role modelling:**

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As part of WHS UV risk controls and role modelling +staff

- Wear sun protective hats, clothing and sunglasses when outside
- Apply SPF 30+ broad spectrum, water resistant sunscreen
- Seek shade wherever possible

When average UV Index levels are below 3, sun protection measures are not used from May until August unless outside for extended periods.

#### **Budget:**

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Money will be provided to ensure that sunscreen is in the First Aid room and that shaded areas, natural and artificial, can be provided and repaired, replaced when necessary.

#### **Evaluation:**

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Staff regularly monitor and review the effectiveness of the SunSmart Policy (at least once every three years) and revise the policy when required. As a part of this process they will:

- Review the Sun Smart behaviours of students, staff, parents, and visitors and make recommendations for improvement where appropriate
- Assess shade provision and usage and make recommendations for improvements where necessary
- Update and promote curriculum material relevant to Sun Smart activities