



WATTLEVIEW PRIMARY SCHOOL SUNSMART POLICY

Rationale:

A balance of ultra-violet radiation (UV) exposure is important for health. Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. Sun exposure in the first 10 years of life 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 essential for healthy bones and muscles and for general health.

Aims:

This SunSmart Policy has been developed to:

- Ensure all students and staff have some UV exposure for Vitamin D.
- Encourage the entire school community to use a combination of sun protection measures during the daily local sun protection times (issued whenever the forecast for UV levels is above 3) and between the beginning of September and the end of April. This may include the wearing of a sun protective hat; sunglasses if practical; applying SPF30 (or higher) sunscreen and seeking shade whenever possible.
- Work towards a safe school environment that provides shade for students, staff and the school community at appropriate times.
- Assist students to become responsible for their own sun protection.
- Ensure that families and new staff are informed of the school's SunSmart policy.

Implementation:

- The school council will provide adequate shade structures for students and trees providing shade in outdoor areas, particularly in high use areas such as sand pits, play equipment and outdoor eating and passive play areas.
- Whenever students are outside, they will be required to wear approved hats that protect their face, neck and ears, between the months of September and April. Approved hats bear the Wattleview School logo on both broad-brimmed and bucket hats. These school uniform hats can be purchased from the school office.
- Staff will act as role models by also wearing suitable hats outside.
- Students who do not have appropriate hats will be directed to play in designated shaded areas protected from the sun.
- The school will supply SPF30 (or higher) broad-spectrum sunscreen for student and staff use. This will be included on the school's booklist every year.
- Students who have known allergies should supply their own sunscreen which is more suitable for their skin.
- Students will take responsibility for applying SPF30 (or higher) broad-spectrum sunscreen on the days where UV levels are above 3. Sunscreen will be available in classrooms for students to apply 20 minutes (where possible) before going outdoors for sport or recess/lunchtime.
- Strategies will be in place to remind students to apply sunscreen before going outdoors (eg: sunscreen monitors who check the UV levels for the day, sunscreen buddies, reminders at assemblies, newsletter items, sunscreen stations near entry/exit points).

- Students should be able to apply their own sunscreen and be reminded to reapply sunscreen accordingly.
- Students should have access to sunscreen for all outdoor activities, including camps and excursions.
- Where practicable, students may 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 as possible.
- On days of extreme hot weather, the timetable may change to allow a longer break outdoors at 11am. Students will remain indoors during the hotter part of the day.
- SunSmart activities and programs on vitamin D and sun protection are included in the curriculum at all year levels.
- SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school website, school assemblies and student classroom activities.

Resources:

- SunSmart UV Alert:- is available as a free SunSmart app: online www.sunsmart.com.au or www.bom.gov.au/weather/UV in the weather section of the newspapers. The sun protection times show when the UV is forecast to be 3 or above.

Evaluation:

This policy will be evaluated as a part of the school's cyclic review process.

Date Implemented	23/07/2008
Author	Margaret Roberts
Approved By	Wattleview Primary School Staff Education Committee
Date Ratified by School Council	Wattleview PS Council on 17 th August 2016
Date Reviewed	8/08/2016
Responsible for the Review	Education Committee of School Council
Review Date	August 2018 as per cyclical review schedule
References and relevant documents/links	<ul style="list-style-type: none"> • DEAT School Policy & Advisory Guide (SPAG) <u>Sun & UV protection</u> (2011) • DEAT <u>The Compact: Roles and Responsibilities in Victorian government school education: Principle 3</u> (2012) • Cancer Council Victoria http://www.sunsmart.com.au/default.asp • DEAT OHSMS <u>Implementation Guide</u> (2009) • Bureau of Meteorology www.bom.gov.au/weather/UV