

# Sydenham-Hillside Primary School No3559



## SunSmart Policy

### Purpose

To ensure that all children, staff and caregivers have a healthy UV exposure balance to help with vitamin D and take responsibility for reducing the risks of damage to children caused by the harmful over exposure to ultra-violet radiation of the sun. This policy is to be implemented from the start of September until the end of April – when UV radiation is most intense.

### Goals

- To develop an understanding of the possible damage that can be caused to people by over exposure to ultra violet radiation from the sun.
- To develop knowledge of strategies that can be implemented to prevent the possible damage caused by over exposure to ultra violet radiation so they can safely participate in activities of their choice.
- To promote individual responsibility for their own protection and develop a social conscience in the promotion of a SunSmart lifestyle.

### Implementation

- To assist with the implementation of this policy, staff and students are encouraged to access the daily local sun protection times at [sunsmart.com.au](http://sunsmart.com.au) via the SunSmart widget on the school's website or via the free SunSmart app.
- A combination of sun protection measures are used for all outdoor activities during the sun protection times (whenever UV levels reach 3 and above), typically from September to the end of April in Victoria.
- The students are to have sun protective clothing as part of the school uniform. This includes clothing that is cool, loose fitting and made of densely woven fabric such as shirts with collars and elbow length sleeves, longer style dresses and shorts and rash vests or t-shirts for outdoor swimming.
- The children are required to wear a legionnaire or wide brimmed hat as in the school uniform, which protects the face, neck and ears whenever students are outside; eg recess, lunch, sport, carnivals, excursions, activities and camps.
- From September to the end of April, children who do not wear their hats outside will be directed by staff to play in a shaded area.
- The School Council makes sure there is a sufficient number of shelters and trees providing shade in the school grounds, particularly in areas where students congregate, eg lunch, canteen, outdoor lesson areas and popular play areas.
- The availability of shade is considered when planning all other outdoor activities and excursions.
- In consultation with the School Council, shade provision is considered in plans for future buildings and grounds.
- Students are encouraged to use available areas of shade when outside.
- Parents/Guardians/Caregivers are responsible for the application of a suitable sunscreen before sending children to school and can provide sunscreen for their child's use at school. Staff will be encouraged to allow

children time to apply sunscreen before going outside. It is recommended that the sunscreen with a factor of 30+ or higher is used which is broad spectrum and water resistant be used.

- Sunscreen is applied at least 20 minutes (where possible) before going outdoors and reapplied every two hours if outdoors.
- Strategies are in place to remind students to apply sunscreen before going outdoors (eg reminder notices, sunscreen monitors, sunscreen buddies).
- Staff is to act as role models by practising SunSmart behaviours.
- Where possible, programs on reducing the risks of damage by ultra violet radiation etc to be incorporated into the curriculum.
- Regularly reinforce the SunSmart policy in a positive way through newsletters, parent meetings, and student and teacher activities. Use the newsletter as a reminder and as a means of promoting the use of a 30+ or higher sunscreen.

## Evaluation

- Informal and formal assessment of the program obtained from staff, parents and students. A review will be conducted every three years in line with the Charter.
- Information from SunSmart to be reviewed regularly and amendments made to the policy in line with the information received.
- Curriculum materials will be updated and promoted relevant to SunSmart activities.
- The school will endeavour to provide shade through the planting of trees and the construction of shaded areas. Shade provision will be assessed and recommendations made to increase the amount available annually.
- The SunSmart policy will be incorporated into the Outdoor Education Policy, to cover school camps, excursions and sports days.

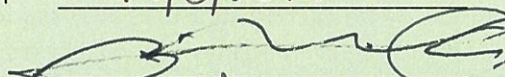
## Review

- This policy will be reviewed every 3 years.

This policy has been ratified by School Council on

17/3/2016

Principal



School Council President

Kim Saraw