

Sunsmart Policy

Purpose

This SunSmart policy provides guidelines to:

- Ensure all students and staff have some UV exposure for vitamin D.
- Ensure the outdoor environment is sun safe and provides shade for students and staff.
- Ensure students are encouraged and supported to develop independent sun protection skills.
- Support duty of care requirements

Procedures

A combination of sun protection measures are used for all outdoor activities from **September to the end of April**.

Healthy physical environment

- 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.
- 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.

Healthy social environment

2. *Slip on sun protective clothing*

- 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 elbow length sleeves, longer style dresses and shorts.

3. *Slap on a hat*

- **All** students and staff are required to wear hats that protect their face, neck and ears, i.e. legionnaire, broad brimmed or bucket hats, whenever they are outside.

4. *Slop on 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

- SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters.

Engaging children, educators, staff and families

- As part of OHS UV risk controls and role-modelling staff,
 - wear a sun protective hat
 - apply sunscreen
 - seek shade whenever possible

Background

A balance of ultraviolet radiation (UV) exposure is important for health. Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. Exposure to the sun's UV during childhood and adolescence is associated with an increased risk of skin cancer in later life. 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.

