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**ROSEWOOD DOWNS PRIMARY SCHOOL**

**Sun Smart Policy**

**2017**

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|  | **Rationale**  A healthy balance of the sun’s ultraviolet (UV) radiation exposure is important for health.  Too much UV from the sun can cause sunburn, skin damage, eye damage and skin cancer.  Australia has one of the highest rates of skin cancer in the world. Two in three Australians will develop some form of skin cancer before they reach the age of 70. Overexposure to UV during childhood and adolescence is known to be a major cause of skin cancer. Sun protection is needed whenever UV levels reach three and above. In Victoria average UV  levels are three and above from the beginning of September to the end of April. During these months particular care should be taken during the middle of the day between 10am–3pm when UV levels reach their peak. Too little UV from the sun can lead to low vitamin D levels. Vitamin D regulates calcium levels in the blood. It is also necessary for the development and maintenance of healthy bones, muscles and teeth. From May to August in Victoria, average UV levels are below three so sun protection isn’t usually needed during these months unless in alpine regions or near highly reflective surfaces such as snow or water.  ***PURPOS*** |

**Objectives**

The goals of the SunSmart Policy are to:

• Ensure that all children and staff maintain a healthy UV exposure balance.

• Encourage the entire school community to use a combination of sun protection measures

whenever UV Index levels reach 3 and above.

• Encourage safe UV exposure whenever UV Index levels are below 3.

• Work towards a safe school environment that provides shade for children, staff and the school community at appropriate times.

• Assist children to be responsible for their own sun protection (hats and sunscreen for own application)

• Ensure that families and new staff are informed of the school’s SunSmart policy.

• Our SunSmart policy is considered when planning all outdoor events e.g. assemblies,

camps, excursions and sporting events. Where possible, we have outdoor activities or events

earlier in the morning or later in the afternoon, or we try using indoor venues.

• Children and staff use a combination of sun protection measures during the daily local sun protection times (issued whenever UV Index levels reach 3 and above).

To assist with the implementation of this policy, staff and students are encouraged to access the daily local sun protection times via the SunSmart widget on the school’s website, the free SunSmart app or at sunsmart.com.au,

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camps, excursions and sporting events. Where possible, we have outdoor activities or events

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**1. Shade**

• The school council makes sure there is a sufficient number of shelters and trees providing

shade in the school grounds particularly in areas where children congregate e.g. lunch, canteen, outdoor lesson areas and popular play areas.

• In consultation with the school council, shade provision is considered in plans for future

buildings and grounds.

• The availability of shade is considered when planning excursions and all outdoor activities.

• Children are encouraged to use available areas of shade when outside.

• Children who do not have appropriate hats or outdoor clothing are asked to play in the shade or a suitable area protected from the sun.

**2. Clothing**

• Sun protective clothing is included in our school uniform/dress code and sports uniform. School clothing is made of close weave fabric and includes shirts with collars and longer sleeves, longer style dresses and shorts and rash vests or t-shirts for outdoor swimming.

**3. Hats**

• Children and staff are required to wear hats that protect their face, neck and ears, i.e.

broad brimmed hats, whenever they are outside.

**4. Sunscreen**

Students and staff are encouraged to:

* apply SPF 30+ broad spectrum, water-resistant, fragrance-free sunscreen generously and evenly to clean, dry skin ideally 20 minutes before going outdoors
* not rely on sunscreen alone as it does not provide full protection
* re-apply sunscreen every two hours or more often when sweating
* check and follow the ‘use by' date stated on the packaging
* store sunscreen below 30°C
* remind students to apply sunscreen before going outdoors (e.g. reminder notices, sunscreen monitors, sunscreen buddies).

Students should:

* be able to apply their own sunscreen
* be reminded to reapply sunscreen
* have access to sunscreen for all outdoor activities e.g. include in first aid kit

Sunscreen (allergies and cross infection) - the risk of allergies and cross infection from sunscreen use is very small.

**5. Role modelling**

SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school website / intranet, staff and parent meetings, school assemblies, student and teacher activities and on student enrolment / new staff orientation.

As part of OHS UV risk controls and role-modelling, staff, families and visitors are encouraged to :

* wear a sun protective hat, covering clothing and, if practical, sunglasses
* apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen
* seek shade whenever possible.

**6. Curriculum**

• Programs on skin cancer prevention and healthy UV exposure levels are included in the

curriculum for all year levels.

• SunSmart behaviour is regularly reinforced and promoted to the whole school community

through newsletters, school homepage, parent meetings, staff meetings, school assemblies,

student and teacher activities and on student enrolment.

**7. Review**

• The school council and staff regularly monitor and review the effectiveness of the SunSmart

policy (at least once every three years) and revise the policy when required.

• Next policy review: November 2019

This policy is based on DET and Sun Smart policies

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| **Date Implemented** |  |
| **Author** |  |
| **Approved By** |  |
| **Approval Authority (Signature & Date)** |  |
| **Date Reviewed** |  |
| **Responsible for Review** | Assistant Principal |
| **Review Date** |  |
| **References** |  |