

**SUN SMART POLICY**

**Rationale**

A balance of ultraviolet (UV) radiation exposure is important for health. Too much of the sun’s UV radiation can cause sunburn, skin and eye damage and skin cancer. Sun exposure during childhood and adolescence is a critical factor in determining future skin cancer risk.

Too little UV radiation from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health. Sensible sun protection when UV is 3 and above does not put people at risk of vitamin D deficiency.

The aims of the Sun Smart Policy:

\* Increase the school community’s awareness and importance of skin protection

\* Increase the school community’s awareness of the importance of a healthy balance between UV exposure and UV protection

\* Encourage children’s personal responsibility for and the decision making about skin protection

Staff are encouraged to access the daily local sun protection times on the SunSmart app or http://www.myuv.com.au/, to assist with implementing this policy.

At Christie Downs Primary School we will ensure our staff and students use a combination of sun protection strategies every day from August1 to April 30 and when UV levels reach 3 and above at other times by:

**1. Considering UV levels when planning any outdoor activities:**

Care is taken during the peak UV radiation times and outdoor activities are scheduled outside of these times where possible. Sports days and other outdoor events to be held during term two or earlier in the day where practical. A combination of skin protection measures are considered when planning outdoor events e.g. Sports Day, camps, excursions and sporting activities.

**2. Using shade outdoors as much as possible:**

Students are actively encouraged to use available areas of shade for outdoor activities

Consider shade when planning any outdoor activity.

A shade audit is conducted regularly to determine the current availability and quality of shade.

The school council ensures there is a sufficient number of shelters, portable shade structures and trees providing shade in the school grounds, particularly in areas where students congregate e.g. canteen, outdoor lesson areas and popular play areas.

**3. Requiring students to wear appropriate sun protective clothing and headwear:**

Broad brimmed, bucket hat and/or legionnaire style of hat.

Rash tops/tee shirts for outdoor swimming activities.

Students who are not wearing appropriate hats or clothing are asked to play under sheltered areas or join an indoor club.

**4. Requiring students to apply SPF 30 or higher broad-spectrum water-resistant sunscreen:**

Parents are asked to provide sunscreen for their child/children

Children are encouraged to apply sunscreen before school

Sunscreen is applied at least 20 minutes before going outdoors and reapplied every two hours if remaining outdoors.

Families with children who have naturally very dark skin are encouraged to discuss their vitamin D requirements with their GP or paediatrician.

**5. Staff role modelling to students:**

· wear sun protective hats, clothing and sunglasses when outside

· apply SPF 30 or higher broad spectrum

· seek shade whenever possible.

Families and visitors are encouraged to use a combination of sun protection measures, when participating in and attending outdoor school activities.

**6. Support the Sun Smart Message in school activities:**

Programs on skin cancer prevention are included in the curriculum for all year levels.

Sun Smart messages supported in school assemblies, newsletters, permission notes, school website, Staff/Student Voice/Governing Council meetings.

**7. Review Sun Smart Policy every 2 years:**

To ensure policy and practices are up to date and relevant to our school community