

# SUNSMART

## POLICY



Aspendale Gardens  
Primary School

### Rationale:

- 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. Students must therefore be educated as to the need for suitable sun protection, and protected from over exposure to the sun whilst at school.

### Aims:

- To encourage children and teachers to protect themselves from the harmful effects of the sun.
- To educate students as to suitable sunsmart protection strategies.
- Ensure the outdoor environment is sun safe and provides shade for students and staff.

### Implementation:

**Sun protection is used from September to the end of April.**

- Children will be required to wear School Council approved school uniform, which will include shirts and skirts with collars, long sleeved garments, longer styled shorts and skirts, and broad brimmed hats (at least 6 cm rigid brim)
- School Council also approves students wearing close fitting UV protection wrap around AS1067 sunglasses whenever they are outside.
- Appropriate School Council approved school uniform hats for students will be readily available in the uniform store room for purchase.
- Staff will act as role models by also wearing broad brimmed hats (at least 6cm rigid brim) when outside.
- Staff members may wear broad brimmed hats of their own choosing so long as they have an appropriate brim. Staff can choose to wear a school supplied School Council approved school uniform hat available from the uniform store if they wish.
- Children without broad brimmed hats will be restricted to play in designated shaded areas. Children who habitually don't bring a hat may be restricted from playing outside.
- Children will be actively encouraged to wear a broad-spectrum water resistant sunscreen (SPF30+). Sunscreen will be applied by parents or supplied by parents for their children to wear. Sunscreen will generally be applied by students themselves or with the assistance of their sunscreen buddy according to the manufacturer's directions, under the supervision of teachers. Teachers may supply sunscreen to children when they are on excursions, camps and sporting events when the need arises.
- Whenever possible, outside activities on very hot days will be reduced in length.
- The school council will provide adequate shade structures for students as practicable; particularly over high density play areas such as sand pits and eating areas. In consultation with the school council, shade provision is considered in plans for future buildings and grounds.

- The school newsletter, website and school assemblies will be used to highlight and reinforce the SunSmart message.
- SunSmart activities and sun protection will form part of the Health and Physical Education curriculum at all year levels.
- Our school will seek accreditation as a Sunsmart school at the Anti-Cancer Council of Victoria.

**Evaluation:**

- This policy will be reviewed as part of the school's review cycle.

This policy was reviewed in

May 2018

References: <http://www.education.vic.gov.au/school/principals/spag/health/pages/sun.aspx>  
<http://www.sunsmart.com.au/default.asp>