



## 3.14 SUNSMART

### POLICY

Over exposure to the sun presents a serious health risk. Students must therefore be educated as to the need for suitable sun protection, and protected from over exposure to the sun whilst at school.

### PURPOSE

The purpose of the policy is to:

- Educate students as to suitable 'SunSmart' protection strategies and teach them to be responsible for their own sun protection.
- Promote an awareness of the damage caused by the harmful ultra violet rays of the sun.
- Encourage students and staff to protect themselves from the harmful effects of the sun by using appropriate sun protection measures when required, particularly between September and April.
- Work towards a safe school environment that provides adequate shade areas for students, staff and the school community.

### IMPLEMENTATION

The following general strategies will be employed from September to the end of April.

1. This policy is to be read as part of our Student Dress Code.
2. Beaumaris North is an accredited 'SunSmart' school with the Cancer Council of Victoria, and all families and staff are informed of and have access to this policy.
3. Students are required to wear a SunSmart approved broad brimmed school sun hat that protect their face, neck and ears whenever they are outside from September to the end of April. School hats are available for purchase from the BNPS Uniform Shop.
4. Students should use a combination of sun protection measures whenever UV Index levels are expected to reach 3 and above which is the level that can damage skin and eyes.
5. A 'No Hat, No Play' rule will be enforced from September to the end of April. Students without hats will be restricted to playing in designated shaded areas.
6. Staff will act as role models by also wearing broad brimmed hats when outside from September to the end of April.
7. Use of SPF 30+ broad spectrum water resistant sunscreen will be actively encouraged. It is recommended that sunscreen be applied before school under parent supervision.

Sunscreen should be provided by parents for their children to use at school and on excursions.

8. Teachers will remind students to apply sunscreen before going outside or prior to Physical Education or Sport classes.
9. The school will provide SPF 30 + broad spectrum, water resistant sunscreen for staff use.
10. Staff and students will be encouraged to use shade areas for outdoor activities particularly on days of 30 degrees or more.
11. Staff and parents will act as role models by practising SunSmart behaviour.
12. On extremely hot days a “Hot Day” timetable will be implemented, enabling respite from outside conditions.
13. Outdoor activities will be planned with consideration to this policy.
14. To help maintain winter vitamin D levels, sun protection measures are not used from May until August unless the UV Index level reaches 3 or above.
15. Families and visitors are encouraged to use a combination of sun protection measures when attending outdoor school activities.
16. ‘SunSmart’ activities and sun protection will form part of the Health and Physical Education curriculum at all year levels.
17. The school community will continue to develop shady areas in the school by caring for established trees and planting new ones where necessary.
18. The school newsletter, website and school assemblies will be used to highlight and reinforce the ‘SunSmart’ policy for the benefit of the entire school community.

#### **References:**

[www.sunsmart.com.au](http://www.sunsmart.com.au)

[http://www.sunsmart.com.au/ultraviolet\\_radiation/sunsmart\\_uv\\_alert/uvwidget.html](http://www.sunsmart.com.au/ultraviolet_radiation/sunsmart_uv_alert/uvwidget.html)

<http://www.education.vic.gov.au/school/principals/spag/health/Pages/sun.aspx>

*Ratified by School Council September 2013*

*Next review date 2016*