



SUNSMART POLICY

RATIONALE

Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer in later life.

The SunSmart policy at Sacred Heart School has been developed to ensure that all students and staff attending this school are aware of dangers of skin damage caused by the harmful ultraviolet rays of the sun. The policy is to be implemented at all times, with sun protection used from mid August to the end of April and whenever UV levels are 3 or higher.

IMPLEMENTATION

- 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
- The sun protection times are a forecast from the Bureau of Meteorology for the time of day UV levels are forecast to reach 3 or higher. At these levels, sun protection is recommended for all skin types. In Victoria, UV levels regularly reach 3 or higher from mid-August to the end of April.
- Require children to wear bucket hats (with deep crown and 6mm brim), legionnaire or broad-brimmed hats whenever they are outside (e.g. recess, lunch, sport, excursions) from mid-August to the end of April and whenever UV levels are 3 or higher
- 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.
- Require staff to wear appropriate head wear whenever they are outside (e.g. recess, lunch, sport, excursions) from mid-August to the end of April and whenever UV levels are 3 or higher.
- Work with the parent community to provide SPF 30 (or higher) broad-spectrum, water resistant sunscreen for staff and student use.
- Encourage the daily application of sunscreen before school and at least 20 minutes prior to the lunch break by staff and students.
- Children are reminded to apply sunscreen before going outdoors.
- Encourage children to use available areas of shade for outdoor activities.
- Request staff and encourage parents to act as role models by practising SunSmart behaviours.
- Make arrangements for indoor play during recess, on excessively hot days.

CURRICULUM

- Incorporate programs on skin cancer prevention and vitamin D into the curriculum at all grade levels.
- Regularly reinforce SunSmart behaviour in a positive way through newsletters, parent meetings, student and teacher activities.
- Ensure the SunSmart policy is reflected in the planning of all outdoor events (e.g. camps, excursions, sporting events).

ENVIRONMENT

- Provide sun protective clothing items as part of our school uniform. (shirt collars, elbow length sleeves, longer style shorts and dresses, hats.)
- Make use of school hall facilities as an option for out of class activities when possible and practical.
- Schedule outdoor activities to minimize time in direct sun,) whenever possible.
- Schedule outdoor assemblies early in the day or where all students can be in shade.
- Work towards increasing the number of shelters and trees so as to provide adequate shade in the school grounds.

EVALUATION

The School Staff will review the effectiveness of this policy each year as follows:

1. Review the SunSmart behaviour of students, staff, parents, and visitors and make recommendations for improvement.
2. Assess shade provision and usage and make recommendations for increased access to shade provision.
3. Update and promote curriculum material relevant to SunSmart activities.

Updated: September 2019

Review: 2021

