

# Lalor East Primary School

## SUNSMART Policy

This policy applies to all school events on and off site.

### Rationale

It's important to have a healthy balance of ultraviolet radiation (UV) exposure. Too much UV can cause sunburn, skin and eye damage and skin cancer. Overexposure to UV during childhood and adolescence is a major factor in determining future skin cancer risk. Too little UV can lead to low vitamin D levels. Vitamin D is necessary for the development and maintenance of healthy bones and muscles, and for general health.

### Broad Guidelines

This SunSmart Policy has been developed to:

- Ensure all students and staff get some UV for vitamin D.
- Encourage the entire school community to use a combination of sun protection measures whenever UV Index levels reach 3 and above to minimise skin and eye damage and skin cancer risk.
- Work towards a safe school environment that provides shade for students, staff and the school community at appropriate times.
- Assist students to be responsible for their own sun protection.
- Ensure that families and new staff are informed of the school's SunSmart policy.

Staff are encouraged to access the SunSmart UV Alert at [sunsmart.com.au](https://sunsmart.com.au) to find out daily local sun protection times to assist with the implementation of this policy.

We use a combination of sun protection measures for all outdoor activities from **1 September till 30 April** and whenever UV levels reach 3 and above, the level that can damage skin and eyes.

### Implementation

#### 1. Shade

- A shade audit is conducted regularly to determine the current availability and quality of 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 students congregate e.g. lunch, canteen, outdoor lesson areas and popular play areas.
- The availability of shade is considered when planning excursions and all other outdoor activities.
- In consultation with the school council, shade provision is considered in plans for future buildings and grounds.
- Students are encouraged to use available areas of shade when outside.
- 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.

#### 2. Clothing

- Sun protective clothing is included in our school uniform / dress code. School clothing is cool, loose fitting and made of densely woven fabric. It includes shirts with collars and longer sleeves.

### **3. Hats**

- All students and staff are required to wear hats that protect their face, neck and ears, i.e., broad brimmed hats, whenever they are outside. Baseball or peak caps are not considered a suitable alternative.

### **4. Sunglasses**

- Students and staff may wear close fitting, wrap-around sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.

### **5. Sunscreen**

- Students must provide their own SPF 30+ broad spectrum, water resistant sunscreen.
- The school can supply SPF 30+ broad spectrum, water resistant sunscreen for staff and student's use.
- Strategies are in place to remind students to apply sunscreen before going outdoors

### **Staff OHS and Role modelling**

As part of OHS UV risk controls and role-modelling, when the UV is 3 and above staff:

- wear sun protective hats and clothing when outside
- apply SPF 30+ broad spectrum, water resistant sunscreen
- seek shade whenever possible

Families and visitors are encouraged to use a combination of sun protection measures (sun protective clothing and hats, sunglasses, sunscreen and shade) when participating in and attending outdoor school activities.

### **Curriculum**

- Programs on skin cancer prevention and vitamin D 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.

### **Evaluation**

The effectiveness of the SunSmart Policy will be evaluated by:

- close monitoring by the Health & Physical Education committee
- consultation with teachers

### **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.