

OUR LADY HELP OF CHRISTIANS

SUNSMART POLICY

Rationale:

- 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. They also need to be aware that appropriate levels of UV exposure are beneficial to providing adequate vitamin D for general health.

Aims:

- To educate students as to suitable sunsmart strategies.
- To encourage children and teachers to protect themselves from the harmful effects of the sun.

Implementation:

- All implementation points will be applied for onsite and offsite activities.
- To assist with the implementation of this policy, staff and students are encouraged to access the daily local sun protection times at sunsmart.com.au, via the SunSmart widget on the school's website or via the free SunSmart app.
- Whenever they are outside from the beginning of September to the end of April each year, children will be required to wear Cancer Council approved close-weave broad brimmed hats or legionnaire hats that protect the face, neck and ears. These items are available as part of our school uniform.
- Sun protective clothing is included in our school uniform and sports uniform. School clothing is cool, loose fitting and made of densely woven fabric. It includes shirts with collars and elbow length sleeves, longer style dresses and shorts.
- Staff will act as role models by also wearing appropriate hats and clothing when outside during the designated period.
- Children without suitable hats or appropriate clothing will be restricted to play in designated shaded areas.
- Parents are encouraged to ensure children have applied broad-spectrum water resistant sunscreen (SPF50+) before the start of the school day.
- Children will be actively encouraged and reminded to reapply sunscreen before going outdoors and reapplied every two hours if outdoors. Each child should have sunscreen kept in their schoolbag for this purpose.
- The school will have sunscreen available in the eating areas of the school yard and at the office for children who have run out of, or forgotten, their sunscreen.
- Students and staff are encouraged to wear close fitting, wrap-around sunglasses that meet Australian Standard 1067. These are available from our Uniform Shop.
- When the temperature reaches 33 degrees, where possible, all activities will be conducted indoors.
- Adequate shade structures for students are provided as practicable; particularly over high density play areas such as sand pits and play equipment.
- The school newsletter and school assemblies will be used to highlight and reinforce the sunsmart policy.
- Sunsmart activities and sun protection will form part of the Health and Physical Education curriculum at all year levels.
- Our school will maintain registration as a Sunsmart school at the Cancer Council Victoria.

Evaluation: Policy last reviewed: - by Cancer Council Victoria March 2016
by Leadership Team July 2021