

### **PURPOSE**

It is 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.

To implement Sunsmart practices which ensure that all staff and students are protected from the harmful rays of the sun.

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

### **IMPLEMENTATION**

1. All staff and students are required to wear school hats which protect the face, neck and ears whenever they are outside during from September to April.
2. The Principal is able to extend the period of time into Term 2 if necessary (i.e. a short Term 1 or UV levels above 3).
3. Parents are encouraged to provide a SPF 30+ broad-spectrum sunscreen for their child to apply whilst at school. Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminder notices, sunscreen monitors, sunscreen buddies).
4. Suitable sunglasses may be worn during recess and lunch breaks during September to April.
5. Students will be encouraged to use available shaded areas for outdoor activities.
6. Students who do not have their hats or protective clothing will need to play in a designated covered area.
7. Sunsmart practices will be promoted to the whole school community and reinforced through curriculum program to the whole school community.
8. During days of extreme heat, students will be inside during recess and lunch breaks.
9. School grounds will provide adequate shade.
10. Families and visitors are encouraged to use sun protection measures when participating in outdoor activities
11. Shade provision will be considered in plans for future buildings and grounds work
12. Sun protection clothing will be included in our school uniform, including sporting uniforms