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Principal: Mr Ian Denson  
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## SUNSMART AND HEAT 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. Too little UV from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health.

### **Aims:**

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

**Implementation: The sun protective measures listed below are used for all outdoor activities from mid-August to the end of April.**

- Children will be required to wear close-weave bucket style hats (that protect their face, neck and ears) during Term 1, until April 30 in term 2, from mid-August term 3, all term 4 whenever they are outside.
- Our school uniform incorporates sun protective clothing. The clothing is loose fitting and shirts have collars and sleeves. Singlet tops and muscle shirts are not SunSmart and should not be worn at school. When students are swimming outdoors they are required to wear a rash vest or t-shirt.
- Staff, families and visitors are also expected to wear a sun protective hat when outside, wear sun protective clothing, apply sunscreen and seek shade whenever possible.
- Children without bucket hats or appropriate clothing will be restricted to play in designated shaded areas.
- Children will be actively encouraged to wear a broad-spectrum water resistant sunscreen (SPF30 or higher). Sunscreen will be provided at school, and on excursions. Sunscreen will be applied by students 20 minutes (where possible) before going outdoors, under the supervision of teachers. Sunscreen is reapplied every two hours if outdoors.
- Whenever possible, outside activities on hot days should be scheduled before 11:00 am.
- The school council will provide adequate shade structures for students as practicable; particularly over high density play areas such as sand pits and play equipment.
- Students are encouraged to use available areas of shade when outside and the availability of shade is taken into account when planning outdoor activities.
- The Parents Club will ensure that school uniform bucket hats are given to each new enrolment, replacement hats will be available for purchase from the school.
- 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 continue to be a member of SunSmart's Schools and Early Childhood Program.

### **Evaluation:**

- This policy will be reviewed as part of the school's three-year review cycle.

**Approved by School Council – October 2018**

**To be reviewed – October 2020**

**Signed:** \_\_\_\_\_

**Date:** \_\_\_\_\_

Ian Denson, Principal