



# Our Lady Help of Christians Primary School

## SUNSMART POLICY

### **Rationale:**

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

Our SunSmart policy has been developed to ensure that all students and staff attending Our Lady Help of Christians are protected from skin damage caused by the harmful ultraviolet rays of the sun. The policy is to be implemented from Mid August to the end of April when UV radiation is most intense. 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.

- 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](http://sunsmart.com.au).
- The sun protection measures listed are used for all outdoor activities during the daily local sun protection times.

*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.*

### **Aims & Implementation:**

#### **Behaviour**

- All children are required to wear hats that protect their face, neck and ears (legionnaire, broad-brimmed hats with the school logo are included on the school uniform list), whenever they are outside. Peak caps and visors are not considered a suitable alternative. 'No Hat, No Play'.
- One of the uniform Our Lady Help of Christians' school hats (e.g. legionnaire hat) whenever they are outside (e.g. recess, lunch, sport, excursions).
- Cool, loose-fitting, sun protective clothing made of densely woven fabric is included in our school uniform.
- Staff are required to wear a sun hat whenever they are outside (e.g. recess, lunch, sport, excursions).
- Students and staff are to provide their own SPF 30+ (or higher) broad-spectrum, water-resistant sunscreen.
- Children are reminded to apply sunscreen before going outdoors.
- A spare container of sunscreen (SPF 30+ (or higher) broad-spectrum, water-resistant) is housed in the first aide room.
- Sunscreen is applied in accordance with the manufacturer's directions (which state to apply at least 20 minutes before going outdoors and reapply every two hours, or more frequently if sweating or swimming).
- Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminder notices)
- Children and staff may wear sunglasses and if possible encouraged to wear wrap-around sunglasses. Where practical students are encouraged to 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.

- Students are encouraged to use the number of shelters and trees on the school grounds as shade
- The availability of shade is considered when planning all other outdoor activities.
- When the temperature reaches 35 degrees Celsius all students remain indoors during scheduled recess and lunch breaks.
- Staff are requested and parents encouraged to act as role models by practising SunSmart behaviours.
- SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school website/intranet, staff and parent meetings, school assemblies, student and teacher activities and at student enrolment/new staff orientation.

### Curriculum

- Incorporate programs on the importance of vitamin D and SunSmart behaviours into the curriculum at all grade levels.
- Regularly reinforce SunSmart behaviour in a positive way through assemblies, newsletters, students and teacher activities etc.
- Ensure the SunSmart policy is reflected in planning all outdoor events (e.g. camps, excursions, sporting events)

### Environment

- Provide sun protective clothing items as part of our school uniform.
- Staff are encouraged to access the daily local sun protection times at [sunsmart.com.au](http://sunsmart.com.au) to assist when scheduling outdoor activities
- Planned outdoor activities are to be held in areas with plenty of shade whenever possible.

### **Evaluation:**

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

We will:

- Review the SunSmart behaviour of students, staff, parents, and visitors and make recommendations for improvement.
- Update and promote curriculum material to SunSmart activities.
- Investigate and make recommendations regarding UV levels and outdoor activities.

**This policy was last ratified by OLHC School Staff Term 1 2019**