



SunSmart POLICY



RATIONALE:

A balance of ultraviolet radiation (UV) exposure is important for health. Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. Sun exposure in the first 10 years of life is a major factor in determining future skin cancer risk.

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:

This SunSmart Policy has been developed to:

1. ensure all students and staff have some UV exposure for vitamin D.
2. encourage students and staff to use a combination of sun protection measures whenever UV Index levels reach 3 and above.
3. work towards a safe outdoor environment that provides shade for students and staff at appropriate times.
4. assist students to be responsible for their own sun protection.
5. ensure that families and new staff are informed of the school's SunSmart measures.

IMPLEMENTATION:

- To comply with SunSmart guidelines, sun protection is used from September to the end of April [or whenever UV levels reach three or more - the level that can damage skin and eyes].
- A designated staff member [or student] will access the SunSmart UV Alert at sunsmart.com.au (or App) to find out daily local sun protection levels to assist with the implementation of this policy
- A combination of sun protection measures is used for all outdoor activities -

1. Shade

- a. A shade audit will be conducted annually to determine the current availability and quality of shade.
- b. The School Council will endeavour to provide sufficient shelters and trees providing shade in the outdoor areas.
- c. The availability of shade will be considered when planning excursions and all other outdoor activities.
- d. Students are encouraged to use available areas of shade when outside.
- e. Students who do not have appropriate hats or outdoor clothing are restricted to play in the designated shade areas.

2. Clothing

- a. When outside, children are required to wear loose fitting clothing that covers as much skin as possible.
- b. Clothing made from cool, densely woven fabric is recommended. Tops with sleeves and collars and knee length or longer style shorts and skirts are best. The TVPS Uniform Shop supplies SunSmart uniform apparel.

3. Hats

- a. Hats are compulsory in Terms 1 and 4 and on days when the UV levels reach three or more. Therefore, school hats need to be either left at school or brought to school each day.
- b. All students are required to wear hats that protect their face, neck and ears, i.e. legionnaire, broad-brimmed or bucket hats. Baseball or peak caps are not considered a suitable alternative.
- c. TVPS staff will act as role models by wearing an appropriate hat in outside activities, including Yard Duty

4. Sunscreen

- a. It is recommended that students are 'sun-screened' before coming to school on hot or potential high UV level days
- b. It is a family responsibility to provide each student with their own SPF 30+ (min) broad spectrum, water resistant sunscreen to bring to school to 'top up' application.
- c. TVPS will provide 'back-up' **generic** SPF 50+ broad spectrum, water resistant sunscreen in classrooms for the use of students and staff. [Students with skin **sensitivity/allergy** will use only their **own product**]
- d. Strategies [eg. notices, monitors] will be in place to remind students to apply sunscreen before going outdoors. Sunscreen is most effective when applied at least 20 minutes before going outdoors and should be reapplied every two hours if outdoors. Students will need to 'top-up' their sunscreen before going outside for a lesson (NB Phys Ed) after 12:00 midday and/or before lunchtime play.
- e. With parental consent, students with naturally very dark skin are not required to wear sunscreen to help with vitamin D requirements.
- f. Families and visitors are encouraged to follow these guidelines when participating and attending TVPS activities

➤ Curriculum –

- a. Age-appropriate lessons on the importance of Vitamin D and prevention of skin cancer are included in the curriculum for all Year levels
- b. SunSmart behaviour is reinforced and promoted to the whole school community via the TVPS Website, Valley Views newsletter, staff meetings, assemblies and student activities

➤ When enrolling their child, families will be –

- a. provided with a copy of this SunSmart Policy
- b. asked to provide a TVPS hat and personal sunscreen for their child
- c. directed to the TVPS Uniform Shop to purchase school-approved clothing