SUNSMART POLICY

RATIONAL

A healthy balance of the sun’s ultraviolet (UV) radiation exposure is important for health. Too much UV from the sun can cause sunburn, skin damage, eye damage and skin cancer. Too little UV from the sun can lead to low vitamin D levels.

Werribee Primary School has developed a SunSmart Policy to ensure that all students and staff attending this school are protected from skin damage caused by the harmful ultraviolet rays of the sun. It is to be implemented throughout the year with sun protection measures used from the beginning of September to the end of April.

To help maintain winter vitamin D levels, sun protection measures are not used from May until August unless the UV Index level reaches 3 and above.

PURPOSE

To provide all students, parents and staff attending Werribee Primary School with SunSmart strategies, that will protect them from sun damage caused by the harmful ultra-violet rays of the sun and provide safe UV exposure for vitamin D.

IMPLEMENTATION

As part of general SunSmart strategies, our school will address the following behaviours, curriculum and environment matters listed below.

BEHAVIOUR

• Children and Staff are required to wear appropriate hats. Children are required to wear an approved Werribee Primary School hat as sold at Rushfords Schoolwear which protects the face, neck and ears whenever they are outside (eg. recess, lunch, sport, excursions). Baseball Caps offer little sun protection and are not recommended/permitted to be worn.

• Sun protective clothing is included in our school uniform / dress code and sports uniform. School clothing is made of close weave fabric and includes shirts with collars and longer sleeves, longer style dresses and shorts and rash vests or t-shirts for outdoor swimming.

• Werribee Primary School will provide SPF 30+ (or higher) broad-spectrum, water-resistant sunscreen for staff and student use.

• Encourage students to apply SPF 30+ broad spectrum, water resistant sunscreen before school and prior to the lunch break.

• Children are reminded to apply sunscreen before going outdoors.

• With parental consent, children with naturally very dark skin (skin that rarely or never burns) may not be required to wear sunscreen as the melanin in their skin can often tolerate higher levels of UV radiation without burning.

• Encourage children to use available areas of shade for outdoor activities.

• Teachers/staff will be required and parents encouraged to model SunSmart behaviours.

• Students will be encouraged to regularly drink water during warmer weather.
CURRICULUM

• Programs promoting SunSmart behaviour, vitamin D and skin cancer prevention will be incorporated into the curriculum at all year levels.
• The school will regularly reinforce SunSmart behaviour in a positive way through newsletters, school assemblies, enrolments and student and teacher activities.
• Ensure the SunSmart policy is reflected in the planning of all outdoor events (eg. camps, excursions, sporting events).

ENVIRONMENT

• The School will where possible schedule outdoor activities to minimise time in direct sun. Particular care will be taken between 10:00 am and after 3:00 pm from September to April.
• Outdoor activities will be arranged to be held in areas with plenty of shade whenever possible.
• The Facilities Committee will work towards maintaining and increasing the number of adequate shaded areas so as to provide adequate shade in the school grounds.

EVALUATION

Werribee Primary School will review the effectiveness of this policy annually.

• Review the SunSmart behaviour of students, staff, parents, and visitors and make recommendations for improvement.
• Assess shade provision and usage and make recommendations for increases in shade provisions.
• Update and promote curriculum material relevant to SunSmart activities and programs.

Relevant Documents / Links
1. DEECD School Policy & Advisory Guide: Sun & UV protection
2. Building Quality Standards Handbook (BQSH): Section 7.5.5 Shade Areas
4. Safe Work Australia: Guidance Note for the Protection of Workers from the Ultraviolet Radiation in Sunlight

This policy encompasses all aspects of Werribee Primary School including Outside School Hours Care

This policy was approved at School Council Meeting on: 19 November 2013