



THE LAKES SOUTH MORANG P-9 SCHOOL SUNSMART POLICY

Rationale:

Australia has one of the highest incidences of skin cancer in the world with two out of three Australians developing some form of skin cancer before the age of 70. Exposure to ultraviolet radiation is a major contributory factor in the development of skin cancer. UV is the best natural source of vitamin D. Our SunSmart policy has been developed to ensure that all students and staff attending The Lakes South Morang P-9 School have a healthy UV exposure balance to help with vitamin D and protect from skin damage caused by overexposure to ultraviolet rays of the sun.

Aim:

To promote and educate students and the wider community on sun smart behaviours.
To provide a range of sun safe spaces within the school environment.

Implementation:

Staff are encouraged to access the SunSmart UV Alert at sunsmart.com.au to find out daily local sun protection times to assist with the implementation of this policy. The school uses a combination of sun protection measures for all outdoor activities from September to the end of April and whenever UV levels reach 3 and above.

Curriculum

- Regularly reinforce SunSmart behaviour in a positive way through EY assemblies, newsletters, parent meetings, student and teacher activities.
- Ensure the Sun Smart policy is considered when planning outdoor events (i.e. camps, excursions, sporting events).
- Incorporate programs on skin cancer prevention into the Health Curriculum in Middle Years and incidentally through appropriate units of work in Early Years to raise student awareness to the dangers of over-exposure to the sun.
- Where possible, outdoor activities are conducted outside peak UV times, held under cover and the expectation that appropriate sunscreen, clothing & head wear is encouraged.

Behaviour

- NO HAT NO PLAY rule- Students without a sun protective hat or covering clothing are to stay within specified shaded areas (Early Years).
- Students from P-4 will be required and 5-9 will be encouraged to wear school approved hats (hats that protect the face, neck and ears e.g. wide brimmed, legionnaire or bucket style) from September to the end of April whenever they are outdoors.
- Students are able to wear UV protective sunglasses (labelled AS 1067) when participating in outdoor activities from September to the end of April.
- Students without appropriate sun protective clothing are encouraged to stay in specified shaded areas. (Middle Years).
- Staff and parents are expected to act as role models by practising Sun Smart behaviour. Protective clothing, hats and sunscreen should be worn from September to the end of April for all outdoor activities.

- Cancer Council and SunSmart will be contacted by the Health and P.E Domain representative to obtain up-to-date information and advice when required.

Environment

- The design of the school uniform provides good protection from the sun, eg, densely woven fabric, shirts with collars, longer sleeves, longer style shorts or dresses/skirts and rash vests or t-shirts for outdoor swimming.
- Students must provide their own SPF 30 or higher broad spectrum, water resistant sunscreen.
- Students are encouraged to apply sunscreen at least 20 minutes (where possible) before going outdoors and reapply every two hours if outdoors.
- Shaded areas are provided for students during outdoor breaks and activities
- The availability of shade is considered when planning excursions and all other outdoor activities.
- In consultation with the school council, shade provision is considered in plans for future buildings and grounds.
- Students are encouraged to use available areas of shade when outside.

Evaluation:

- This policy is to be reviewed biannually by the Health and Physical Education Domain as part of the school's evaluation procedures.

This policy was ratified by School Council 28/08/2015