



## Sun Smart Policy

### **RATIONALE :**

A healthy balance between too much and too little ultraviolet (UV) radiation from the sun is important for health. Too much UV from the sun can cause sunburn, skin damage, eye damage and skin cancer.

Australia has one of the highest rates of skin cancer in the world. Research indicates that two in three Australians will develop some form of skin cancer before they reach the age of 70. Overexposure to UV during childhood and adolescence is known to be a major cause of skin cancer.

Too little UV from the sun can lead to vitamin D deficiency. Vitamin D regulates calcium levels in the blood. It is also necessary for the development and maintenance of healthy bones, muscles and teeth.

To ensure a healthy balance between too much and too little UV, sun protection should be used from the beginning of September until the end of April and whenever the UV index level reaches 3 and above.

### **GOAL :**

- To ensure that all students and staff attending Yarraville West Primary School are protected from skin damage caused by the harmful ultraviolet rays of the sun while in the care of the school, by using a combination of sun protection measures (hats, suitable clothing, sunscreen and shade) when UV index levels reach 3 or above.

### **IMPLEMENTATION :**

#### 1. Outdoor Events

- YWPS takes particular care to avoid scheduling, where possible, outdoor activities between 10.00am and 2.00pm (or 11.00am to 3.00pm during daylight savings time) from 1st September until 30th April, when UV index levels reach their peak during the day.
- All students are required to wear hats that protect their faces, neck and ears when they are outside – during recess and lunchtime, PE lessons, excursions and on school camps.

#### 2. Sunscreen Use

- All classrooms will have SPF30+ (or higher) broad spectrum, water resistant sunscreen available and teaching staff will encourage students to use it. Students are expected to apply the sunscreen themselves, although staff will be available to assist, particularly for younger students. Parents need to advise the school in writing if they don't want their child to apply the sunscreen available in classrooms.
- Parents are strongly encouraged to provide SPF 30+ (or higher) broad spectrum, water resistant sunscreen for students.

- Staff will remind students to apply sunscreen before going outside at recess and lunch and for outdoor activities including excursions.
- The school strongly encourages the application of sunscreen before school and prior to recess and lunch breaks.

Note: The World Health Organisation reports that students with naturally very dark brown or black 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. This is a decision for families to make. Hats remain necessary to protect the student's eyes from UV damage.

### 3. Shade provision

YWPS will:

- Use shade in conjunction with other measures e.g. hats, uniform and sunscreen as part of this policy.
- Organise outdoor activities to be held in areas with plenty of shade whenever possible.
- Strongly encourage students to use available areas of shade for outdoor activities.
- Work towards increasing the number of shelters and trees to provide adequate shade in the school grounds.

### 4. Uniform

- All YWPS students and staff are required to wear broad brimmed hats between 1st September and 30th April each year.
- If a student doesn't have their hat at school they will be required to sit in the shade.
- The School Dress Code encourages all students to wear the uniform, which includes Sun Smart options such as polo tops with a collar and long sleeves, and longer style dresses and shorts. The school also requires a rash vest or T-Shirt to be worn for outdoor programs and activities, including swimming or beach activities.

### 5. Curriculum

- YWPS will incorporate 'Sun Smart' programs on skin cancer prevention and Vitamin D into the curriculum at all year levels.

### 6. School Community

YWPS will:

- Regularly reinforce 'Sun Smart' behaviour in a positive way through the school Newsletter, student and teacher activities.
- Strongly encourage staff to wear 'Sun Smart' hat and sunglasses while on Yard Duty for their well-being and as a role model to students.
- Encourage the broader YWPS community to embrace 'Sun Smart' behavior and act as role models for children.
- Strongly encourage all students to wear 'Sun Smart' hats before and after school.
- Use the SunSmart widget on the school homepage to provide daily UV alerts and information for the school community.