



# SUNSMART

## POLICY



### **Rationale:**

- Australia has the highest rate of skin cancer in the world. It is estimated that more than 75% of all skin cancers could be prevented by developing and practicing sunsmart behaviours throughout early childhood and adolescence.
- While there might be different responses to this SunSmart Policy, it has been developed to ensure that all students and staff attending Winters Flat Primary School are protected from over exposure to the harmful UV radiation from the sun

### **Aims:**

- To educate the children about the dangers of prolonged exposure to the sun.
- To ensure that children take adequate precautions to protect themselves from the sun when at school.
- To ensure that children understand the importance of getting enough sunlight.

### **Guidelines:**

- The SunSmart Policy should be an ongoing commitment each year throughout the school.
- The SunSmart Policy should be enforced during all school related activities.
- Games that can be played in shady areas should be encouraged during summer.
- The school should work towards ensuring that all children have access to shaded areas for outside recreation.
- According to the Cancer Council Victoria, times of high risk are from the beginning of September to the end of April.

### **Implementation:**

- The SunSmart Program will be part of the general school curriculum every year from Grades Prep to 6. It will be targeted in first term and revisited in fourth term, and reinforced and promoted to the whole school community regularly.
- School broad-brimmed hats will be worn by all children, and by staff on yard duty and during Physical and Sport Education lessons, from September 1st until April 30th, and on days of high risk

during other terms. Children who do not have a hat will play in the allocated shade area. Families and visitors will be asked to respect our SunSmart policy.

- Parents/guardians will be asked to reinforce the importance of being SunSmart at home, and to (optionally) provide sunscreen for their child/ren at school. Appropriate time will be given to children for the application of sunscreen.
- During the school swimming program, at swimming fun days and when appropriate on camps, all children will wear sunscreen, a t-shirt or UV protective swimwear and a hat.
- 5. School excursions and activities, such as recess, lunchtime, camps, excursions, sporting events, swimming and physical education programs, will be planned according to SunSmart guidelines. Particular care should be taken between 10 am and 2pm (11am and 3pm daylight saving time).
- 6. The school will maintain its SunSmart status, which is supported by the SunSmart Schools Program.
- 7. Students will wear a school uniform top, and sensible footwear. Students wearing inappropriate clothing will play in the allocated shade area. Wrap-around sunglasses that are suitable for students will be encouraged.
- 8. The School Council will consider possibilities for increasing shade areas in the playground.
- 9. A copy of this policy will be included in the school's Information Booklet, and will be forwarded annually to each family via Flat Chat. The policy will also be included on the school website.

**Resources:**

- VicHealth SunSmart: [www.sunsmart.com.au](http://www.sunsmart.com.au)
- Cancer Council Victoria
- Health Education material

**Evaluation:**

This policy will be reviewed annually.

This policy was last ratified by School Council

**Oct 2014**