



Urquhart Park Primary School

SUNSMART POLICY

Rationale:

It is important to have a healthy balance of ultraviolet radiation (UV) exposure. Too much UV can cause sunburn, skin and eye damage and skin cancer. Overexposure to UV during childhood and adolescence is a major factor in determining future skin cancer risk. Too little UV can lead to low vitamin D levels. Vitamin D is necessary for the development and maintenance of healthy bones and muscles, and for general health.

Urquhart Park Primary School is a registered Sun Smart school. Our Sun Smart Policy has been developed 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 but with particular emphasis in Terms 1 and 4.

Aims:

- Ensure all students and staff get some UV for vitamin D.
- Encourage the entire school community to use a combination of sun protection measures whenever UV Index levels reach 3 and above to minimise skin and eye damage and skin cancer risk.
- Provide a safe school environment that provides shade for students, staff and the school community at appropriate times.
- Assist students to be responsible for their own sun protection.
- Ensure that families and new staff are informed of the school's SunSmart policy.

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.

We use 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, the level that can damage skin and eyes.

Healthy physical environment

1. Seek shade

- A shade audit is conducted regularly to determine the current availability and quality of shade.
- The school makes sure there is a sufficient number of shelters and trees providing shade in the school grounds particularly in areas where students congregate e.g. lunch, outdoor lesson areas and popular play areas.
- The availability of shade is considered when planning other outdoor activities and excursions.

- 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.
- Students who do not have appropriate hats or outdoor clothing are asked to play in the shade or a suitable area protected from the sun.

Healthy social environment

2. Slip on sun protective clothing

- Sun protective clothing is included in our school uniform / dress code and sports uniform. School clothing is cool, loose fitting and made of densely woven fabric. It includes shirts with collars and elbow length sleeves, longer style dresses and shorts.

3. Slap on a hat

- All students and staff are required to wear hats that protect their face, neck and ears, i.e. Urquhart Park broad brimmed hat, whenever they are outside. Baseball or peak caps and visors are not considered a suitable alternative.

4. Slop on sunscreen

- Students must provide their own SPF 30 or higher broad spectrum, water resistant sunscreen.

5. Slide on sunglasses (optional)

- Where practical students and staff are encouraged to wear close fitting, wrap-around sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.

Learning and skills

- Incorporate programs on skin cancer prevention into the curriculum at all year levels.
- Reinforce and promote SunSmart behaviours to the school community.

Evaluation:

- This policy will be reviewed as part of the school's three-year review cycle in 2019.

This policy was last ratified by School Council in....2016