

INTRODUCTION:

A considered approach to sun exposure is required. Excessive exposure to the sun can cause health problems including sunburn, dehydration, skin and eye damage, and an increased risk of skin cancer. Too little UV exposure from the sun can lead to low Vitamin D levels. Vitamin D is essential for healthy muscles and bones, and overall health.

UV radiation:

- cannot be seen or felt
- can be reflected off surfaces such as buildings, asphalt, water and concrete
- can pass through light clouds
- varies in intensity throughout the year (highest in Victoria from September to April)
- peaks during school hours.

PURPOSE:

This policy is in place to:

- encourage behaviours that reflect a healthy UV exposure balance
- ensure the provision of shaded play areas is considered when grounds work is conducted
- meet the school's duty of care, and Occupational Health and Safety obligations in regard to UV exposure.

SCOPE:

This policy applies to all school activities, including camps and excursions, and is applicable to all students and staff.

COMMUNICATION PLAN:

Parents will be referred to this policy at the commencement of each school year and on enrolment. A copy will be available on the school website.

Staff will be referred to this policy at the commencement of each school year and on induction (new staff). A copy will be available on COMPASS.

IMPLEMENTATION:

1 Shade

- a A combination of shaded and not shaded areas will be provided for students.
- b When areas of the playground are developed, the provision of shade will be one of many factors considered. This does not mean that all play areas will be shaded.

2 Uniform

- a School shirts will have collars and be made of closely woven fabric
- b Short and long-sleeved polo shirts will be made available
- c Bucket hats will be worn between September and April, or when the UV levels reach 3 and above. Students without a hat will be asked to play under the veranda areas along the main school building. Hats may be removed for short periods of time, during organised sport/outdoor activities to enable full participation.
- d On casual days and during school camps, students will be required to wear shirts with sleeves and bucket hats.

3 Sunscreen

- a Parents/carers will be responsible for providing sunscreen for their child/ren (due to allergies and expiry dates). Reminders will be put in the school newsletter at the start of each year, and in August/September. Parents will have the final say as to whether their child/ren use sunscreen.
- b Parents/carers will be requested to apply the first application of sunscreen before students attend school each day.
- c Students will be reminded to apply sunscreen before recess and lunch breaks.

4 Curriculum

- a SunSmart will be covered at the start of each school year in every year level, and reviewed in August/September
- b Students will be encouraged to access daily sun protection times and UV rating levels during the period September to April.

RELATED POLICIES DET:
Sun and UV Protection Policy
Duty of Care
SunSmart
