

## Purpose

This SunSmart policy provides guidelines to:

- Ensure all students and staff have some UV exposure for vitamin D
- Ensure all students and staff are well protected from too much UV exposure by using a combination of sun protection measures whenever UV levels reach 3 and above
- Ensure the outdoor environment is sun safe and provides shade for students and staff
- Ensure students are encouraged and supported to develop independent sun protection skills
- Support duty of care requirements
- Support appropriate OHS strategies to minimise UV risk and associated harms for staff and visitors (See also the OHS School Policy)

## Procedures

Staff and students are encouraged to access the daily local sun protection times at [sunsmart.com.au](http://sunsmart.com.au), on the free SunSmart app or via our school website home page.

The sun protection measures listed below are used for all outdoor activities during the daily local sun protection times (issued whenever UV levels reach 3 and above), typically from mid-August to the end of April in Victoria.

## Healthy physical environment

1. Seek shade
  - Students who do not have appropriate hats or outdoor clothing are asked to sit in the shade or a suitable area protected from the sun
  - Students and staff are encouraged to use available areas of shade when outside
  - Schedule outdoor in shaded areas whenever possible
  - Shade provision is considered in plans for future buildings and grounds
  - A shade audit is conducted regularly to determine the current availability and quality of shade

## 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 sleeves both elbow length and long, and longer style shorts. Staff are encouraged to cover up when on yard duty, this includes wearing an appropriate hat.

3. Slap on a hat
  - All students and staff are required to wear hats that protect their face, neck and ears i.e. legionnaire, broad brimmed hats and bucket hats, whenever outside (e.g recess, lunchtime, physical education lessons and sport activities, excursions)
  - If students do not have a hat they are required to sit in a designated shaded area.
4. Slop on sunscreen
  - The school supplies SPF 30 or higher broad spectrum, water resistant sunscreen for staff and student's use
  - Strategies are in place to remind students that sunscreen is available for application before going outdoors
  - Where possible sunscreen is applied 20 minutes before going outdoors and reapplied every two hours.

### Learning and skills

- Programs on skin cancer prevention and vitamin D are included in the curriculum for all year levels
- Sun Smart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school website, school assemblies, parent meetings, student and teacher activities and on student enrolment

### Engaging children, educators, staff and families

- Staff and families are provided with information on sun protection and vitamin D through family newsletters, school website and social media
- Staff and parents are encouraged to act as role models by practising SunSmart behaviour

### Monitoring and review

- The school education board and staff regularly monitor and review the effectiveness of the SunSmart policy (at least once every three years) and revise the policy when required by completing a policy review and membership renewal with SunSmart at [sunsmart.com.au](http://sunsmart.com.au)
- SunSmart policy updates and requirements will be made available to staff, families and visitors

This policy will be reviewed as part of the St. Mary's review cycle.

This policy was last ratified by St. Mary's staff in **February 2021**

Next policy review: February 2024