



Sunsmart Policy

Rationale

Over exposure to the sun presents a serious health risk. Students must therefore be educated as to the need for suitable sun protection, and protected from over exposure to the sun whilst at school.

Aims

At St Mary's we aim to:

- educate the school community as to the effects of exposure to the sun
- encourage children and teachers to protect themselves from the harmful effects of the sun
- educate the school community as to suitable Sunsmart protection strategies
- provide shade areas for children to use during recreation times
- plan, whenever possible, outdoor activities for times when the risk of UV exposure is reduced.

Implementation

- Children will be required to correctly wear St. Mary's School hats during terms 1 and 4 whenever they are outside (also when average UV levels are 3 and above from April to September).
- Staff will act as role models by also wearing hats where possible when outside.
- Children without approved hats will be restricted to sit in designated shaded areas.
- Staff will be consistent in implementing the Sunsmart policy e.g. NO HAT NO PLAY.
- Children will be actively encouraged to wear a broad-spectrum water-resistant sunscreen (SPF30+). Children will be required to bring their own sunscreen. Sunscreen will be applied by students according to the manufacturer's directions, under the supervision of teachers.

- Whenever possible, outside activities on hot days should be scheduled before 11:00 am.
- The school will aim to provide adequate shade structures for students particularly over high-density play areas such as sand pits and play equipment.
- The school will ensure that school uniform hats are available for purchase from the school.
- The school newsletter and school assemblies will be used to highlight and reinforce the Sunsmart policy.
- Sunsmart activities and sun protection will form part of the Health and Physical Education curriculum where appropriate.
- Our school has accreditation as a Sunsmart school at the Anti-Cancer Council of Victoria.
- Sports lessons occurring on days of extreme UV will take place in the hall or other shaded areas.
- When attending camp children and teachers are required to wear a rash vest if involved in water activities.

Evaluation

This policy was developed in 2015 and was reviewed in 2020 in line with the School Improvement Plan.