



Mernda Primary School 0488

SUNSMART POLICY

RATIONALE

Our SunSmart Policy has been developed to ensure that all students and staff who attend Mernda Primary School are protected from skin damage caused by the harmful ultraviolet rays of the sun. 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. The policy is to be implemented from the beginning of September to the end of April – UV radiation is most intense in Victoria during September to April, especially between 10am to 2pm (11am to 3 pm during daylight saving).

AIMS

- SunSmart activities and sun protection will form part of the Health and Physical Education curriculum at all year levels and also followed through as part of the classroom curriculum.
- The school newsletter, school assemblies and parent meetings will be used to highlight and reinforce the SunSmart policy.
- Work towards increasing the number of shelters and trees so as to provide shade in the school grounds.
- To educate students as to suitable SunSmart protection strategies.

These include:

From September, when the UV Index is 3 and above:

Slip on sun-protective clothing

Slop on SPF30+, broad spectrum, water resistant sunscreen – put it on 20 minutes before you go outdoors and every two hours afterwards

Slap on a hat – that protects your face, head, neck and ears

Seek shade

Slide on some sunglasses - make sure they meet Australian Standards.

IMPLEMENTATION

- Children will be required to wear hats from the start of September to the end of April whenever they are outside.

The allowed hats are as follows:

School Hats - Cancer Council Victoria approved close-weave broad brimmed hats (at least 8 cm rigid brim)

School Hats- Cancer Council Victoria approved Play Safe bucket hat (8 cm ridge brim)

- Children without school broadbrim or bucket hats will be restricted to play in designated shaded areas.
- Staff will act as role models by also wearing broad brimmed or bucket hats when outside.
- Parents will be encouraged to act as role models by practicing SunSmart behaviours.
- Children will be actively encouraged to wear a broad spectrum water resistant sunscreen (SPF30+) administered before school by or with parent assistance.
- Children will be encouraged to use available areas of shade for outdoor activities.
- Children and staff will be encouraged to wear close fitting sunglasses that cover as much eye area as possible.

- Sun protective clothing is included in our school uniform / dress code and sports uniform. School clothing is made of close weave fabric and includes shirts with collars and longer sleeves, longer style dresses and shorts.
- Schedule outdoor activities before 11 am and after 3 pm daylight saving time (10 am and 2 pm other times) whenever possible.
- The school council will work toward providing adequate shade structures for students as practicable; particularly over high density play areas such as sand pits and play equipment.
- Ensure the SunSmart policy is reflected in the planning of all outdoor events (eg. Camps, excursions, sporting events).
- Our school will seek participation as a SunSmart school at The Cancer Council Victoria.
- Assemblies will be held in the gymnasium out of the sun.

EVALUATION

- Our school will seek participation as a SunSmart school at The Cancer Council of Victoria.
- This policy will be reviewed by all staff and school council committee each year to review the behaviour of all students, staff, parents and visitors and make recommendations for improvement.
- Update and promote curriculum material relevant to SunSmart activities.

This policy was last ratified by School Council on	17/02/20
--	----------

Reference: SOTF Reference Guide – 4.5.11, Exec Memo No 99/039, Anti-Cancer Council of Victoria