

RATIONALE

A healthy amount of the sun's ultraviolet (UV) radiation exposure is necessary to maintain healthy levels of vitamin D as well as for the development and maintenance of healthy bones, muscles and teeth. Over exposure to (UV) radiation causes sunburn, skin damage and increases the risk of skin cancer. Two in three Australians will develop some form of skin cancer before they reach the age of 70. Overexposure to UV during childhood and adolescence is known to be a major cause of skin cancer. UV is a known Occupational Health and Safety risk for staff.

Australia has the highest rate of skin cancer in the world. Sun protection is needed whenever UV index levels reach three and above. In Victoria average UV levels of three and above occur from the beginning of September to the end of April. During these months particular care should be taken between 10am-3pm, when UV levels reach their peak.

AIM

- Ensure that all children and staff understand and maintain a healthy UV exposure balance while at school.
- Encourage the entire school community to use a combination of sun protection measures from 15th August to April 30 and at other times when necessary.
- Empower children to be responsible for their own sun protection.
- Ensure that the school's SunSmart message is encouraged at all school events
- Ensure that families and new staff are informed of the Knox Park Primary SunSmart Policy
- Provide a safe school environment that provides shade for students, staff and the school community.

IMPLEMENTATION

- Knox Park Primary School will comply with all legislative requirements from the DET <http://www.education.vic.gov.au/school/principals/spag/health/Pages/sun.aspx>

From 15th August to April 30 and when necessary:

- Children will be expected to wear legionnaire or broad-brimmed hats which protect the face, neck and ears whenever they are outside. (Baseball caps are not considered acceptable).
- Children and staff are encouraged to use a combination of sun protection measures whenever UV Index levels reach 3 and above.
- Children must provide their own SF 30 water resistant sunscreen due to allergies and will be reminded by staff to apply SPF 30+ broad spectrum, water resistant sunscreen before going out doors during school and at school events.
- Staff will set an example by also wearing broad-brimmed hats and appropriate clothing when outside.
- During recess and lunch children without hats will be required to stay in the shade.
- During PE and sport, students without a hat will be required to participate under shaded areas.
- On subsequent occasions of not having a hat, students will be issued with a letter to notify their parent/s of the need for a suitable hat.
- Children will be encouraged to wear appropriate sun protective clothing with collars and sleeves as per the school uniform while engaging in outside activities.
- The school will ensure it uses school uniform companies that provide SunSmart alternatives and UV protective gear.
- SunSmart activities and sun protection will form part of curriculum at all year levels.
- Planning for outdoor events e.g. assemblies, camps, excursions and sporting events will incorporate SunSmart practices.

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SunSmart Policy

- In consultation with the school council, shade provision is considered in plans for future buildings and grounds.
- Students remain inside in extreme conditions to avoid over exposure to UV levels.
- The school newsletter, website and school assemblies will reinforce SunSmart policies and practices.
- The School Council will undertake regular audits to ensure there is a sufficient number of shelters and trees providing shade in the school grounds particularly in areas where children congregate e.g. outdoor lesson areas and popular play areas.
- The availability of shade is considered when planning excursions and all outdoor activities.

EVALUATION

This policy will be reviewed as part of the school's three-year review cycle or in response to changes in DET legislation or SunSmart recommendations.

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