



## Parkdale Primary Sunsmart Policy

### **Rationale:**

- Moderate ultraviolet radiation (UV) exposure is important for health.
- Too little UV from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles and for general health.
- Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. Sun exposure in the first 10 years of life is a major factor in determining future skin cancer risk.

### **Aims:**

- To ensure all students and staff have some UV exposure for vitamin D.
- To encourage the school community to use a combination of sun protection measures whenever UV Index levels reach 3 and above.
- To educate students to be responsible for their own sun protection.
- Work towards a safe school environment that provides shade for students, staff and the school community at appropriate times.

### **Implementation:**

- The school uses a combination of sun protection measures for all outdoor activities from **September to the end of April** and whenever UV levels reach 3 and above.

### **Procedures (Behaviours to be encouraged)**

- Students will be required to wear School Council approved school uniform, which will include shirts and dresses with collars, sleeved garments, longer styled shorts, skirts and dresses, and school issued navy broad-brimmed hats.
- Hats will be worn whenever students are outside eg: recess, lunch, sport and excursions
- Staff must wear a broad brimmed hat at times and events noted above and will be provided with a school wide brimmed hat or they may wear a personal wide brimmed hat.
- Work with the parent community to encourage the use of SPF 30+ broad spectrum, water-resistant sunscreen for student use. Provision and application of the sunscreen is the responsibility of parents and the student.
- Encourage the daily application of SPF 30+ broad spectrum, water resistant sunscreen before school and 20 minutes (where possible) prior to the recess and lunch break. If outside for long periods, it is recommended that sunscreen be reapplied every two hours by the student.
- Encourage children to use available areas of shade when appropriate for outdoor activities.
- Request staff and parents act as role models by practising SunSmart behaviours.

- Students who do not have appropriate hats are to play in the shade areas of the school.
- Students will be encouraged to have a water bottle at school to rehydrate, particularly in Terms 1 & 4. Students are permitted to have and use their drink bottle in the classroom.

### **Curriculum**

- Incorporate SunSmart behaviour into the curriculum.
- Regularly reinforce SunSmart behaviour in a positive way through newsletters, parent meetings, student and teacher activities.
- Ensure the SunSmart policy is reflected in the planning of all outdoor events (eg. camps, excursions, sporting events).

### **Environment**

- Sun protective clothing items are available as part of our school uniform.
- Schedule outdoor activities in shaded areas wherever possible
- The School Council will provide adequate shade structures for students as practicable; particularly over high density play areas such as sand pits and play equipment.

### **Evaluation**

- This policy will be reviewed as part of the school's three-year review cycle.

**Approved by School Council:**