



"Small School, Big Opportunities"
Kindness, Cooperation, Resilience, Respect

Tarwin Lower Primary School

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SunSmart Policy

Definition

It's important to have a healthy balance of ultraviolet radiation (UV) exposure. Too much UV can cause sunburn, skin and eye damage and skin cancer. Overexposure to UV during childhood and adolescence is a major factor in determining future skin cancer risk. Too little UV can lead to low vitamin D levels. Vitamin D is necessary for the development and maintenance of healthy bones and muscles, and for general health.

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

- To educate students as to suitable SunSmart protection strategies
- To encourage children and teachers to protect themselves from the harmful effects of the sun
- To promote the wearing of hats and other forms of protection

Implementation

- We use 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, the level that can damage skin and eyes
- Students are required to wear the school uniform close-woven broad brimmed hats that protect the face, neck and ears from September to April whenever they are outside
- 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 longer sleeves, longer style dresses and shorts and rash vests or t-shirts for outdoor swimming
- Staff will act as role models by also wearing broad brimmed hats when outside
- School uniform broad brimmed hats are available from the office
- Students without broad brimmed hats and covering clothing will have restricted play in designated shaded areas. Parents will be notified of prolonged reoccurrence
- Students will be encouraged to wear broad spectrum sunscreen (SPF30+) that they bring from home
- Adequate shade structures for students above play areas, such as sandpits, will be provided where necessary
- The school newsletter and school assembly 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 at all year levels

School Excursion / Camp Guidelines

- Where appropriate plan to conduct the excursion early in the day rather than later. This will minimise exposure to ultra-violet radiation (UVR) during the peak period between 11.00-3.00pm summertime
- Plan excursions for venues where adequate shade is available. Alternatively aim to provide shade by taking sun shelters
- Encourage that all participants wear appropriate clothing. Wide brimmed hats are recommended. Shirts with collars and long sleeves and loose fitting baggy shorts or skirts also offer good protection. Fabric should be of close weave to maximise protection against UVR
- Check that all participants use a suitable sunscreen on exposed areas of the skin
- Where swimming outdoors is involved, encourage and educate students to wear a t-shirt or rash vest in the water
- Discourage sunbaking or unnecessary exposure to the skin when not actually participating in an outdoor swimming event

Evaluation

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

This policy was ratified by School Council on September 2019