



Lake Boga Educational Hub

'Be the best that we can be'



Principal: Joe Summerhayes

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lakeboga.vic.gov.au

SUN SMART

POLICY

Background

Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. UV damage accumulated during childhood and adolescence is associated with an increased risk of skin cancer in later life.

Rational

Our SunSmart policy has been developed to ensure that all children attending Lake Boga Primary School are protected from skin damage caused by harmful ultra-violet rays of the sun.

The sun protection measures listed are used for all outdoor activities **during the daily local sun protection times**.

The sun protection times from the Bureau of Meteorology tell you the time of day UV levels are forecast to reach 3 or higher. At these levels, sun protection is recommended for all skin types. In Victoria, UV levels regularly reach 3 or higher from mid-August to the end of April.

To assist with the implementation of this policy, staff and students are encouraged to access the daily local sun protection times via the SunSmart widget on the school's website, the free SunSmart app, or at sunsmart.com.au or myuv.com.au.

Aim

As a health promoting school we will support the sun protection of students, staff and families through learning, policies, creating a safe and healthy physical and social environment, and developing community links and partnerships.

Implementation

- 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 elbow length sleeves, longer style dresses and shorts and rash vests or t-shirts for outdoor swimming. Sun protective clothing to also apply to casual clothes days.
- Children are to wear school hats which protect the face, neck and ears whenever they are outside (eg. recess, lunch, sport, excursions) during the sun protection times from Mid-August through to the end of April. Hats are purchased through the school.
- The school supplies SPF 30 (or higher) broad-spectrum, water-resistant sunscreen for staff and student's use.
- Sunscreen is applied at least 20 minutes (where possible) before going outdoors and reapplied every two hours or more frequently if sweating or swimming.
- Strategies are in place to remind students to apply sunscreen before going outdoors. Encourage children to use available areas of shade for outdoor activities.
- The availability of shade is considered when planning all other outdoor activities.
- As part of OHS UV risk controls and role-modelling, staff, families and visitors:

- wear a sun protective hat, covering clothing and, if practical, sunglasses;
- apply sunscreen; and
- seek shade whenever possible.

Curriculum

- Incorporate programs on sun protection, vitamin D education and skin cancer education is incorporated into the curriculum.
- Regularly reinforce SunSmart behaviour in a positive way through newsletters, parent meetings, student and teacher activities.
- Staff are supported to access resources, tools and professional learning to enhance their knowledge and capacity to promote sun protection and vitamin D across the curriculum

Environment

- Students are encouraged to use available areas of shade when outside.
- Students who do not have appropriate hats or outdoor clothing are asked to play in the shade or a suitable area protected from the sun.
- In consultation with the school council, shade provision is considered in plans for future buildings and grounds particularly in high-use areas e.g. where students have lunch, canteen, assemblies, sports, outdoor lessons and popular play spaces.

Evaluation

- Review the sun protective behaviour of students and staff.
- Update curriculum on sun protection as it is made available.
- Update buildings and grounds in Master Plan to include sheltered walkways and play areas.
- The school council and staff monitor and review the effectiveness of the SunSmart policy and revise the policy when required (at least once every three years) by completing a policy review and membership renewal with SunSmart at sunsmart.com.au.

This Policy was last ratified by School Council in:

June 2017