



IRAMOO PRIMARY SCHOOL No 5152

# SUNSMART POLICY

## **Rationale:**

Iramoo Primary School is committed to promoting a healthy balance between too much and too little Ultra Violet Ray (UVR). A balance of ultraviolet (UV) radiation exposure is important for health. Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. Exposure to the sun's UV during childhood and adolescence is associated with an increased risk of skin cancer in later life. 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. Sun protection is enforced during Term 1 and Term 4.

## **Aims:**

- To educate students and parents about suitable SunSmart protection strategies.
- To ensure that all students and staff are well protected from too much UV exposure by using a combination of sun protection measures during Term 1 & Term 4.
- To reduce exposure to solar UVR while at school.

## **Implementation:**

- All children and staff use a combination of sun protection measures during Term 1 & Term 4.
- Particular care is taken between 10 a.m. and 2 p.m. (11 a.m. and 3 p.m. daylight saving time) when UV Index levels reach their peak during the day.
- Our SunSmart policy is considered when planning all outdoor events; e.g. assemblies, camps, excursions and sporting events. Where possible, we have outdoor activities or events earlier in the morning or later in the afternoon, or we use indoor venues, if they are available.
- Whenever possible, on hot days outside activities will be scheduled before 11 a.m. particularly during Terms 1 & 4.
- During Terms 1 & 4 children must wear broad brimmed or legionnaire hats, which protect the face, neck and ears whenever they are outside, e.g. recess, lunch, sport and excursions.
- Children without broad brimmed or legionnaire hats will be restricted to playing in designated shaded areas during recess and remain indoors during the lunch break.
- The school uniform broad brimmed and legionnaire hats are available for purchase from the uniform shop and the office.
- Children and staff are encouraged to bring and apply their own suitable sunscreen and wear sunglasses that meet Australian standards.
- 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.
- Staff will act as role models by also wearing broad brimmed hats when outside.
- Adult helpers and spectators will be required to act as role models by also wearing broad brimmed hats when outside.
- Adequate shade structures will be provided over play equipment areas.
- The school council makes sure there is a sufficient number of shelters and trees providing shade in the school grounds particularly in areas where children congregate e.g. canteen, outdoor lesson areas and popular play areas.
- Programs on skin cancer prevention are included in the curriculum for all year levels.
- The school newsletter and school assemblies will be used to highlight and reinforce the SunSmart policy.

## **Evaluation:**

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

Ratified by Iramoo School Council – November 2015  
Review Date: November 2018