



Carlton Gardens Primary School

SUNSMART POLICY

Authorisation
July 2016
Review: 2019

Purpose

The sun's rays are so harmful to skin that positive education and intervention should be undertaken to protect children.

Aims

- To create healthy environments and encourage appropriate behaviours to allow some ultraviolet (UV) exposure for vitamin D and minimise overexposure to reduce skin and eye damage and skin cancer risk
- To encourage behaviour change through education and role-modelling
- To protect staff and students from harm caused by overexposure to UV radiation.

Implementation

- It is required all children will wear a Carlton Gardens Primary School hat whenever they are outside in Term 1 and Term 4. Parents will be expected to supply these school uniform items.
- Children will be directed to designated shaded areas if not wearing a hat. NO HAT NO PLAY!
- Parents are expected to apply SPF 30+ sunscreen before school, and can choose to carry a personal roll on sunscreen and apply this sunscreen before going outside for recess, lunch sport or similar outdoor activity.
- SPF 30+ broad spectrum, water resistant sunscreen will be provided for staff and students whenever needed or required.
- Stronger sunscreen may be supplied by parents at their discretion.
- Children will be educated on being SunSmart and encouraged to use available shade at recess and lunchtimes.
- All adults on school premises will act as role models for practising SunSmart behaviours by wearing broad-brimmed school hats.
- Children will be encouraged to drink water from bottles and the drink taps during the hot weather. Students are encouraged to bring water bottles into the classroom to drink when appropriate.
- Students and staff are allowed to wear close fitting, wraparound sunglasses that meet Australian Standard 1067 and cover as much of the eye area as possible.

Curriculum:

1. SunSmart behaviour will regularly be incorporated into the normal communication channels of the school and its community.
2. SunSmart program will be conducted at the beginning of every school year.

Environment:

1. Sunhats will be provided as part of the school uniform
2. Outdoor activities will be held in areas with plenty of shade whenever possible.
3. The school will provide sufficient shaded areas.
4. Availability of shade is considered when planning excursions and other outdoor activities.

References

- www.sunsmart.com.au
- <http://www.education.vic.gov.au/school/principals/spag/health/Pages/sun.aspx#H2N1002E>

Evaluation

This policy will be reviewed as part of the schools three-year review cycle.