



SunSmart Policy for Keith Area School

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Please Note: To comply with SunSmart guidelines, our policy states sun protection is used during terms 1,2,3 and 4, and whenever UV levels reach 3 and above at other times.

Keith Area School SunSmart Policy

This Policy applies to all school events on and off site.

Rationale

A balance of ultraviolet (UV) radiation exposure is important for health. Too much of the sun's UV radiation can cause sunburn, skin and eye damage and skin cancer. Sun exposure in the first ten years of life is a major factor in determining future skin cancer risk.

Too little UV radiation from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health.

Objectives

This SunSmart policy has been developed to:

- Encourage the entire school community to use a combination of sun protection measures whenever UV levels reach 3 and above.
- Work towards a safe school environment that provides shade for students, staff and the school community at appropriate times.
- Ensure all students and staff have some UV exposure for vitamin D.
- Assist students to be responsible for their own sun protection.
- Ensure that families and new staff are informed of the school's SunSmart policy.





Staff are encouraged to access the daily local sun protection times to assist with the implementation of this policy.

The school uses a combination of sun protection measures for all outdoor activities during terms 1, 2, 3 and 4, and whenever UV levels reach 3 and above at other times.

1. Clothing

Sun protective clothing is included in the school uniform/dress code and sports uniform. The clothing is cool, loosed fitting and made of closely woven fabric. It includes shirts with collars and elbow length sleeves, longer style dresses and shorts and rash tops or t-shirts for outdoor swimming.

2. Sunscreen

- Students must provide their own SPF 30 or higher broad spectrum, water resistant sunscreen.
- Strategies are in place to remind students to apply sunscreen before going outdoors.
- Families with children who have naturally, very dark skin are encouraged to discuss their vitamin D requirements with their GP or paediatrician.
- School to make sunscreen available for outdoor events e.g. swimming, sports day etc. – to students, staff, parents or visitors.

3. Hats

All students and staff are required to wear hats that protect their face, neck and ears e.g. legionnaire, broad brimmed or bucket hats, whenever they are outside. Hats on all year, no hat – no play policy applies. Baseball or peak caps are not acceptable.

4. Shade

- A shade audit is conducted regularly to determine the current availability and quality of shade.
- The Governing Council makes sure there is a sufficient number of shelters and trees providing shade in the school grounds, particularly in areas where students congregate e.g. outdoor lesson areas and popular play areas.
- The availability of shade is considered when planning excursions and all other outdoor activities.
- In consultation with the Governing Council, shade provision is considered in plans for future buildings and grounds.
- Care is taken during the peak UV radiation times and outdoor activities are scheduled outside of these times or in the shade where possible.
- Students are encouraged to use available areas of shade when outside.
- Students who do not have appropriate hats or clothing are asked to play in a suitable area protected from the sun.



KEITH AREA SCHOOL

ACHIEVE – COOPERATE – COURAGE – RESPECT

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5. Staff WHS and role modelling

As part of WHS UV risk controls and role modelling, when the UV is 3 and above staff will:

- Wear sun protective hats, clothing and sunglasses when outside.
- Apply SPF 30 or higher broad spectrum, water resistant sunscreen.
- Seek shade whenever possible.

Families and visitors are encouraged to use a combination of sun protection measures e.g. sun protective clothing and hats, sunglasses, sunscreen and shade, when participating in and attending outdoor school activities.

7. Curriculum

- Programs on skin cancer prevention are encouraged to be included in the curriculum for all year levels.
- SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school homepage, parent meetings, staff meetings, school assemblies, student and teacher activities and in student enrolment packs.

8. Policy Review

The Governing Council and staff regularly monitor and review the effectiveness of the SunSmart policy and revise the policy when required.

