



# TOORAK PRIMARY SCHOOL

Canterbury Road, Toorak Vic 3142

## Sunsmart Policy

### Rationale

A balance of ultraviolet radiation (UV) exposure is important for health. 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.

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. This policy applies to all school activities and events on and off site.

### Purpose

- To educate students as to suitable SunSmart protection strategies.
- To encourage children and teachers to protect themselves from the harmful effects of the sun.

### Guidelines

- Staff and students are encouraged to access the daily local sun protection times at [sunsmart.com.au](http://sunsmart.com.au) or on the free SunSmart app to assist with the implementation of this policy.
- A combination of sun protection measures are used for all outdoor activities from September to the end of April and whenever UV levels reach 3 and above.
- Children will be required to wear School Council approved school uniform, which will include sun protective clothing, broad brimmed hats, legionnaires hats are also acceptable (at least 6 cm brim) from September to the end of April whenever they are outside.
- Staff will act as role models by also wearing suitable sun protective attire and broad brimmed hats when outside.
- Appropriate School Council approved school uniform hats for students will be readily available from the schools uniform provider for purchase.
- Children without broad brimmed hats will be restricted to play in designated shaded areas. Children who habitually do not bring a hat may be restricted from playing outside.
- Children will be actively encouraged to wear a broad-spectrum water resistant sunscreen (SPF30+or higher). Parents are encouraged to apply sunscreen on their children before school.
- From September to the end of April parents are encouraged to supply sunscreen for their child. Students will be encouraged to apply sunscreen themselves. Teachers may apply sunscreen to very young or disabled students if necessary, and if written parental approval is provided. Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminder posters, sunscreen monitors, sunscreen buddies).
- School Council also approves students wearing close fitting UV protection wrap around AS1067 sunglasses whenever they are outside.
- Whenever possible, outside activities on hot days will be scheduled before 11:00 am.
- The School Council will provide adequate shade structures for students as practicable; particularly over high density play areas such as sand pits and play equipment.
- The school newsletter and school assemblies will be used to highlight and reinforce the SunSmart message.
- SunSmart activities and sun protection will form part of the Health and Physical Education curriculum at all year levels.
- Temperatures over 37 degrees are subject to hot day timetables adopting same process as wet day timetables.
- Our school will maintain membership as a Sunsmart school by the Cancer Council of Victoria.

### Evaluation

This policy will be reviewed annually.

This policy was last ratified by School Council May 2016.