**SUNSMART POLICY**

**Purpose**

The purpose of this policy is to encourage behaviours at Glenroy Specialist School that reflect a healthy UV exposure balance, ensuring some sun exposure for vitamin D while minimising the risk of skin cancer.

This policy provides guidelines to:

* support staff and students to use a combination of sun protection measures when UV index levels are 3 or above (generally September – April) and allow sun exposure when UV levels are below 3 (generally May – August)
* ensure that there are outdoor environments that provide adequate shade for students and staff
* ensure students are encouraged and supported to develop independent sun protection skills to help them to be responsible for their own protection
* support our school’s strategies to meet its duty of care and occupational health and safety obligations to minimise harmful UV exposure and associated harm for students and staff.

**Scope**

This policy applies to all school activities, including camps and excursions. It is applicable to all students and staff.

**Policy**

A balance of sun exposure is important for health. Excessive exposure to the sun can cause health problems including sunburn, dehydration, damage to skin and eyes, and an increased risk of skin cancer.

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

UV radiation:

* cannot be seen or felt
* can be reflected off surfaces such as buildings, asphalt, concrete, water, sand and snow
* can pass through light clouds
* varies in intensity across the year (highest in Victoria from September - April)
* peaks during school hours

A combination of sun protection measures should be put in place from September to the end of April, and whenever UV levels reach 3 and above.

Glenroy SS **has** the following measures in place to help reduce the risk of excessive UV sun exposure for staff and students.

**Shade**

Glenroy SSwill provide for sufficient options for shelter and trees to provide shade on school grounds, particularly in places such as:

* outdoor lesson and play areas
* popular play areas
* assembly areas
* incursions

The availability of shade is considered when planning excursions and all other outdoor activities.

When building works or grounds maintenance is conducted at Glenroy SS that may impact on the level of shading available to staff and students, a review of the shaded areas available will be conducted and further shading installed as appropriate.

**Sun protective uniform/clothing**

Glenroy SS recommends that from September to April, and whenever UV levels reach 3 and above, students wear sun-protective clothing such as:

* loose, cool, closely-woven fabric
* shirts with a collar and/or high necklines
* tops with elbow length or long sleeves
* longer style shorts and skirts
* rash vests or t-shirts for outdoor swimming activities.

**Hats**

Students and staff are required to wear hats that protect their face, neck and ears i.e. legionnaire, broad brimmed or bucket hats, whenever they are outside and the UV index is 3 and above. Baseball or peak caps are not considered a suitable alternative.

**Sunscreen**

Glenroy SS encourages all staff and students to apply SPF 30+ (or higher) broad-spectrum, water-resistant sunscreen daily at a minimum from September to the end of April, and whenever UV levels reach 3 and above. Sunscreen should be applied at least 20 minutes before going outdoors, and reapplied every two hours if necessary. It is to be kept in bags or lockers. Parents will be informed when supply is low.

**Curriculum**

Students at our school are encouraged to make healthy choices, and are supported to understand the benefits and risks of sun exposure. Glenroy SS will address sun, UV safety and Vitamin D education as part of the science and personal and social health curriculum.

Staff are encouraged to access resources, tools, and professional learning to enhance their knowledge and capacity to promote sun smart behaviour and Vitamin D education across the school community.

**Engaging students, staff and families**

Families and staff are provided with information, ideas and practical strategies to support UV safety and Vitamin D education at school and at home. Families receive written reminders to provide hats and sunscreen during terms 1 and 4.

**Further Information and Resources**

* [Duty of care](file:///Q:\GSS%20Policies\Required%20for%20school%20review%20-%20updated%20August%202018\Duty%20of%20Care%20(DET%20template%20completed%20August%202018).docx)
* [First Aid](../../GSS%20Policies/Required%20for%20school%20review%20-%20updated%20August%202018/First%20Aid%20(DET%20template%20completed%20August%202018).docx)
* [Camp Policy](../../GSS%20Policies/Required%20for%20school%20review%20-%20updated%20August%202018/Camp%20Policy%20(GSS%20template%20updated%202017).doc)
* [Excursion Policy](../../GSS%20Policies/Required%20for%20school%20review%20-%20updated%20August%202018/Excursions%20Policy%20(GSS%20template%20updated%20August%202018).doc)

**Review Cycle**

This policy was last updated on 24.8.18 and is scheduled for review on August 2021.