

## Sun Smart Policy

### RATIONALE

The implementation of Sun Smart practices is essential to the health and well being of the Dandenong Valley SDS community. Some sun exposure is essential for vitamin D. The harmful effects of overexposure to the ultraviolet rays of the sun can be reduced/eliminated by educating the school community in Sun Smart practices and ensuring that all staff and students are adequately protected from the sun during outdoor activities.

### AIM

- The Dandenong Valley SDS community aims to ensure that all students and staff attending the school are protected from skin damage caused by overexposure to the harmful ultraviolet rays of the sun yet still receive adequate UV exposure for vitamin D.

### IMPLEMENTATION

- Encourage staff to access the SunSmart UV Alert at [sunsmart.com.au](http://sunsmart.com.au) to find out daily local sun protection times to assist with the implementation of this policy
- Implement Sun Smart practices from September until end of April and whenever UV levels reach 3 or above .
- Provide sun protective clothing items as part of our school uniform which includes clothing that covers as much skin as possible and is made from cool, densely woven fabric.
- Require all staff and students to wear broad rimmed or legionnaire hats that shade the head, face, eyes, ears and neck.
- Encourage all students and staff to apply SPF 30+ or higher broad spectrum sunscreen whenever outside.
- Provide SPF 30+ or higher sunscreen in all classrooms for student use.
- Remind (and assist where necessary) all students to apply/reapply sunscreen before going outdoors.
- Encourage students to use available shade areas for outdoor activities.
- Request parents, visitors and staff to act as role models by practising Sun Smart behaviours.
- Regularly reinforce Sun Smart behaviour in a positive way through newsletters, staff meetings and student and teacher activities.
- Incorporate Sun Smart activities from the school curriculum into classroom programs.
- Work towards increasing the number of shelters and trees so as to provide adequate shade in the school grounds.
- Register with the Cancer Council as a Sun Smart school.



- Provide shade sails over play areas.
- Reduce or cancel outside lunch break times in extreme temperatures.
- Sunsmart programs will recognise the cultural and social diversity of Australia.

## EVALUATION

The program and policy will be reviewed annually to ensure that:

- that the aims of the policy are appropriate to the needs of the school population
- that appropriate and sufficient resources are available
- that the policy reflects the School Strategic Plan
- that program goals are consistent with the policy
- that the program meets the needs of individual students.

Last reviewed August 2018

