

### **Philosophical Basis**

To ensure that all children attending Rangeview Primary School are protected from skin damage caused by the harmful ultra-violet rays of the sun.

A healthy balance of the sun's ultraviolet radiation (UV) exposure is important for health. Too much UV from the sun can cause sunburn, skin damage, eye damage and skin cancer. Too little UV from the sun can lead to low vitamin D levels.

### **Guidelines**

- 1.1 The school will require children to wear hats which protect the face, neck and ears whenever they are outside (eg. recess, lunch, sport, carnivals, excursions and activities). The compulsory wearing of hats outside will commence on 1<sup>st</sup> September until 30<sup>th</sup> April. No caps will be allowed. During these months particular care will be taken between 10am and 3pm when UV levels reach their peak.
- 1.2 Sun protective clothing is included in our school uniform/dress code and sports uniform
- 1.3 Ensure that adequate shade is provided in the playground, sporting carnivals and outdoor events where possible.
- 1.4 SPF 30+ broad spectrum, water resistant sunscreen is available to staff and students.
- 1.5 Strategies are in place to remind children to apply sunscreen before going outdoors.
- 1.6 Reinforce the Sunsmart Policy in a positive way through newsletters, assemblies, student and teacher activities.
- 1.7 Direct children who do not have their hats with them to play in an area protected from the sun.
- 1.8 Encourage children to use available areas of shade for outdoor play activities.
- 1.9 In cases of extreme heat, organise outdoor activities to be held in areas of shade, whenever possible.
- 1.10 Schedule outdoor activities to minimise time in direct sun whenever possible with particular care taken between 10.00am and 3pm.
- 1.11 Encourage staff to act as role models by practising Sunsmart behaviours: wearing appropriate hats and clothing for all outdoor activities.
- 1.12 To help maintain winter vitamin D levels, sun protection measures are not used from May until August unless the UV Index reaches 3 and above.
- 1.13 Incorporate programs on skin cancer prevention and healthy UV exposure into the curriculum.