



Miandetta Primary School

Sun Smart Policy

Our Sun Smart policy has been developed to ensure that all students and staff attending this school are protected from skin damage caused by the harmful ultraviolet rays of the sun. It is to be implemented from September to April.

Being SunSmart in Tasmania is a 'whole of year' approach. It means focusing on the sun protection (when the UV is above 3) in the spring/summer months (September to April) with guidelines on safe sun exposure for vitamin D in summer, and focusing on getting safe sun exposure for vitamin D in winter.

As part of general Sun Smart strategies, our school will:

Behaviour

- Encourage staff and students to access the UV level and sun protection times as a regular part of the learning program. <http://www.cancertas.org.au> or <http://www.bom.gov.au/tas/uv> .
 - Staff and students will use the following sun protection measures when UV levels are 3 and above.
- Include sun-safe clothing as part of our school and sports uniform. This includes shirts with collars, longer style dresses and shorts and rash vests or T-shirts for outdoor swimming. Clothing such as singlets, tank tops and strappy dresses, which expose large amounts of shoulder and upper torso, are not considered suitable.
- Require children to wear hats, which protect the face, neck and ears whenever they are outside (e.g. recess, lunch, sport, excursions). Suitable hats include legionnaire, broad brimmed or bucket style.
- Provide SPF 30+ (or greater) broad-spectrum, water-resistant sunscreen for staff and student use.
- From September to April, encourage the daily application of sunscreen 20 minutes prior to the recess and lunchtime break. Sunscreen is applied 20 minutes before going outdoors and reapplied every 2 hours if outdoors for long periods (more frequently if swimming and sweating).
- The school community is committed to providing shade in areas where students gather such as for eating, outdoor teaching and popular play areas. Encourage children to use available areas of shade for outdoor activities. Provide shade for activities that require being outdoors for long periods such as the running carnival and school picnic. Availability of shade is considered when planning excursions and all outdoor activities. Students without a hat must play in the shade.

- Ensure awareness of the benefits of wearing close-fitting wrap-around sunglasses that comply with Australian Standards AS1067 (category 2, 3, or 4). These are acceptable at Miandetta Primary School but remain optional.
- When UV is 3 and above staff will role model sun protection behaviours when outside by using the combination of sun protection measures outlined above.
- Families and visitors are encouraged to use a combination of sun protection measures when participating in and attending outdoor school activities.

Curriculum

- Incorporate skin cancer prevention into the curriculum at all grade levels.
- Regularly reinforce Sun Smart behaviour in a positive way through newsletters, parent meetings, and student and teacher activities.
- Ensure the Sun Smart policy is reflected in the planning of all outdoor events (e.g. camps, excursions, sporting events).
 - SunSmart policy updates and requirements will be made available to staff, families and visitors

Environment

- From September to April, Schedule outdoor activities before 11:00 am whenever possible.
- Organise outdoor activities to be held in areas with plenty of shade whenever possible.
- Work toward increasing the number of shelters and trees so as to provide adequate shade in the school grounds.

Evaluation

The Miandetta School Association will review the effectiveness of this every three years. They will:

1. Review the Sun Smart behaviour of students, staff, parents, and visitors and make recommendations for improvement.
2. Assess shade provision and usage and make recommendations for increases in shade provision
3. Update and promote curriculum material relevant to Sun Smart activities.