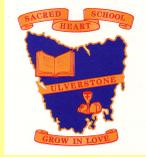


# *Sacred Heart Catholic School*

*Ulverstone*



## **SUNSMART POLICY**

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### **RATIONALE**

Over exposure to the sun presents a serious health risk. Students must therefore be educated as to the need for suitable sun protection, and be protected from over exposure to the sun whilst at school. However, some skin exposure to the sun's UV rays is needed for the production of vitamin D, vital for maintenance of healthy bones, teeth and general good health.

Being SunSmart is a whole-of-year approach. It means using sun protection when the UV is 3 and above (mid-September to mid-April), and safe sun exposure for vitamin D (mid-April to mid-September).

### **AIMS**

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

### **IMPLEMENTATION**

- This policy is to be read as part of our Uniform policy and Dress Code.

Staff are encouraged to check the UV Alert on a daily basis.

Staff and students use a combination of sun protection measures from mid-September to mid-April, when average peak UV levels in Tasmania reach 3 and above:

#### **1. Clothing**

- Sun-safe clothing is part of our school and sports uniform. This includes shirts with collars, sleeves, longer style dresses and shorts and rash vests or T-shirts for outdoor swimming.
- Clothing exposing large amounts of shoulder and upper torso eg. singlets, tank tops and strappy dresses are not considered suitable.

#### **2. Sunscreen**

- The use of SPF 30+, broad-spectrum sunscreen is encouraged.
- Sunscreen should be applied 20 minutes before going outdoors. If outdoors for extended periods sunscreen should be reapplied every 2 hours.

### **3. Hats**

- Students are required to wear sun-safe hats that protect the face, neck and ears when outside. Recommended sun-safe hats include legionnaire, broad-brimmed and bucket hats. Baseball caps do not offer enough protection and are not recommended
- The Uniform Shop will ensure that school uniform hats are available for purchase from the uniform store.

### **4. Shade**

- The school community is committed to providing shade in areas where students gather such as for eating, outdoor teaching and popular play areas. The use of these areas is encouraged.
- The availability of shade is considered when planning excursions and all outdoor activities.

### **5. Sunglasses**

- Close-fitting wrap-around sunglasses that comply with Australian Standards AS1067:2003 (Category 2, 3 or 4) are encouraged but optional.

## **Students without a sun-safe hat or clothing must play in areas protected from the sun.**

### **Advice for darker skinned children.**

Students with naturally very dark skin (skin types 5 and 6 – see enclosed) may need 4-6 times as much sun for vitamin D production and do not need long-sleeved tops or sunscreen. However, they should still wear hats or sunglasses to protect their eyes when UV is 3 or above.

### **To help maintain adequate Vitamin D levels**

#### **From mid-September to mid-April when UV is usually 3 and above**

- Most Tasmanians need sun protection.
- 10 minutes in the sun is recommended mid-morning (11am) and or/mid-afternoon (3pm) to as much skin as possible for vitamin D.
- Students with naturally very dark skin only require a hat and sunglasses to protect their eyes. It is not usually necessary for people with this type of skin to wear sunscreen and they will require about 30-90 minutes in the sun a day at mid-morning or mid-afternoon.
- Take extra care in the middle of the day when UV levels are highest.

#### **From mid-April to mid-September when UV level is usually below 3**

- Hats and sunscreen are not required.
- 30 minutes in the sun to as much skin as possible is recommended in the middle of the day for vitamin D.
- Students with naturally dark skin will need 1.5 to 3 hours in the sun a day in the middle of the day (as this is not practical on a school day supplementation may be required). A hat is required by these students to protect their eyes only if they are near reflective surfaces.
- Wear a hat or sunscreen if you are near reflective surfaces or are outdoors for most of the day.

- Staff will act as role models by also wearing approved broad brimmed hats, sunscreen appropriate clothing and seeking shade when outside.
- Families and visitors are encouraged to use a combination of sun protection measures when participating in and attending outdoor school activities.
- The school newsletter and school assemblies will be used to highlight and reinforce the sunsmart policy.
- Sacred Heart Catholic School has been accredited as a Sunsmart school by the Cancer Council Tasmania.

## EVALUATION

- This policy will be reviewed as part of the school's review cycle.
- School's sun protection policy will be submitted for review to Cancer Council Tasmania once every three years, for updating as new evidence becomes available.

References: [www.doe.tased.edu.au/hrh/Part10/introsect3.htm](http://www.doe.tased.edu.au/hrh/Part10/introsect3.htm)  
[www.accv.org](http://www.accv.org).

**Implemented:** 2006

**Last Review Date:** 11<sup>th</sup> August 2015

**Next Review Due:** 11<sup>th</sup> August 2018