



MID NORTH EDUCATION CENTRE

SUN SMART / UV POLICY

The skin protection policy is in place during Terms 1, 3 and (from the beginning of August until the end of April) and when the ultraviolet radiation (UVR) level is 4 and above at other times.

As a school we will:

- Ensure sun protection & skin cancer prevention is included in the curriculum.
- Regularly promote sun safe practices in newsletters and in classrooms.
- Encourage students and staff to wear sun protective clothing i.e. shirts with collars, longer sleeves, longer styled shorts and skirts that covers as much skin as possible.
- Provide shaded play areas/eating areas or indoor areas and stipulate use when UV level is 3 and above and on high risk exposure days.
- Encourage families to provide broad brimmed, bucket or legionnaire hats for their children.
- Allow children to remain indoors when the temperature is extreme or it is a high risk exposure day.
- Induct families into our sun policy.
- Sun protection will be considered when planning excursions.
- Encourage students use SPF30 or higher broad spectrum, water resistant sunscreen.
- Remind students to apply sunscreen 15-20 minutes before going outdoors and to reapply every two hours when outdoors for an extended period.
- Encourage the use of sunglasses where appropriate and safe.
- Refer to www.bom.gov.au/sa/uv to access UV alerts or download a SunSmart app that will provide real times when sun protection is needed or not.
- In winter months from May to July and when UV level is below 3, students and staff will be encouraged not to wear hat or sunscreen for vitamin D absorption which is necessary for maintaining strong bones and for general well-being.

In the yard staff will:

- Remind students about the need to wear a hat, sunscreen and seek shade.
- Model good practices by wearing a hat, sunscreen, sunglasses and sun protective clothing -while on duty.
- Acknowledge those students who are wearing hats and sunscreen.



Students will:

- Be provided with a broad brimmed hat.
- Actively participate in lessons about sun protection.
- Remember to wear and appropriate broad brimmed hat and SPF30+ sunscreen before going outside.
- Play in a shaded area or wear an appropriate hat and sunscreen during Terms 1, 3 and 4 when the UVR level is 3 and above outside.

Parents will:

- Encourage their child to wear an appropriate hat and sunscreen or play in the shade.
- Model sun protection practices while on site.
- Encourage their child to wear longer style clothing-shirts/shorts/skirts.
- Ensure sunscreen is applied prior to their child coming to school.

Note: Hats = broad brimmed, legionnaire style Sunscreen = SPF30+

Date: 17th March 2016

Review due: 17th March 2017