Sun Smart Policy

Policy

The school's approach to being "Sun Smart" educates and encourages students to adopt sun protection measures when participating in outdoor activities.

We recognise the need for balance in exposure to ultraviolet radiation (UV). While exposure to the sun's UV is important for maintaining general health, over-exposure may cause health problems such as damage to the skin and eyes, and skin cancer.

Procedures

1. Students are educated and encouraged to adopt Sun Smart behaviours through health promotion programs. This includes educating students about the importance of some UV exposure for Vitamin D.
2. Although students are provided information and instruction, they are expected to be self-managing in applying Sun Smart behaviours at school.
3. Caps and hats are part of our school uniform and must be worn during outdoor activities.
4. Sunscreen is available for outdoor physical education and activities at school. Students may be required to supply their own sunscreen for school excursions.
5. It is understood that programs such as physical education need to be held at varying times of the school day, including at the hottest times. As far as practical, lengthier outdoors activities including physical education classes utilise shaded areas during Term 1.
6. Wearing caps/hats and sunscreen, and promoting other Sun Smart behaviours, enable outdoors activities to be held all year around.
7. Parents of students with specific medical conditions or taking medications affected by exposure to the sun need to have these recorded on the student's school medical profile. Parents should also contact their child's Physical Education teacher, by email or letter, regarding specific considerations for their child's participation in outdoor activities.