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 mid-September to mid-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 (mid-September to mid-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**


- 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.

- In terms one and four, 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.

- 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.

- Ensure awareness of the benefits of wearing close-fitting wrap-around sunglasses that comply with Australian Standards AS1067:2003 (category 2, 3, or 4). These are acceptable at Miandetta Primary School but remain optional.

- Encourage staff, parents and visitors to act as role models by practising Sun Smart behaviour.
Advice for Children with naturally very dark skin

- Dark skinned children (skin types 5 and 6 – see Fitzpatrick Skin Type Chart) may need 4-6 times as much sun for vitamin D production, should generally not use long sleeved tops or sunscreen, unless for extended hours in very high UV conditions. They should still wear a sunhat (and/or sunglasses as above) to protect the eyes.

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).

Environment

- From mid-September to mid-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 policy each year. 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.