



# HIGHGATE SCHOOL

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## SUNSMART POLICY

### Rationale:

Overexposure to ultraviolet (UV) radiation from the sun presents a serious health risk. Students must therefore be educated as to the need for suitable sun protection, and protected from overexposure to the UV whilst at school or undertaking school activities including excursions, camps, sporting events.

### Aims:

To educate students as to suitable sun protection strategies.

To encourage children and teachers to protect themselves from the harmful effects of the UV.

### Implementation:

The procedures outlined in this policy are for implementation during terms 1, 3 and 4 and at other times the UV is 3 and above. If there is an all-day outdoor activity in May the UV is to be checked in advanced and sun protection implemented if predicted to be 3 and above.

- This policy is to be read as part of our Student Dress Code.
- Children will be required to wear Sun smart approved close-weave broad brimmed hats (at least 8 cm rigid brim) during terms 1, 3 and 4 and whenever UV Index levels reach 3 and above whenever they are outside.
- For Work Health and Safety staff are required and parents are encouraged to act as role models by also wearing broad brimmed hats, sun protective clothing, sunglasses, sunscreen and seeking shade when outside.
- Children without broad brimmed hats will be restricted play in designated shaded areas.
- Children will be actively encouraged to wear a broad-spectrum water resistant sunscreen (SPF30+ or higher). Sunscreen will be provided in each classroom, and on excursions. Sunscreen will be applied by students 20 minutes before going outside and reapplied every 2 hours when outdoors, under the supervision of teachers.
- Governing Council encourages the use of close fitting UV protection wrap around AS1067 sunglasses by both students and staff.
- Whenever possible, outside activities during terms 1, 3 and 4 should be scheduled before 11:00 am to avoid the peak UV times of the day.

- Governing Council will provide adequate shade structures for students as practicable; particularly over high density play areas such as sand pits and play equipment. Students are encouraged to use shaded areas.
- The school will ensure that school uniform broad brimmed hats and a sun protective uniform are available for purchase from the uniform store.
- Students are required to wear the school uniform that offers adequate protection through tops and dresses with collars and longer style sleeves, and longer style shorts, dresses and skirts.
- The school newsletter and school assemblies will be used to highlight and reinforce the sun smart policy. New staff and families are made aware of the SunSmart Policy.
- Sun smart activities and sun protection will form part of the Health and Physical Education curriculum at all year levels.
- Our school will seek continued membership with the SunSmart Schools Program.

Evaluation:

This policy will be reviewed as part of the school's three-year review cycle. Next review due in March 2020.