1. **Rationale:**
   1.1 A healthy balance of the sun’s ultraviolet (UV) radiation exposure is important for health. Too much UV from the sun can cause sunburn, skin damage, eye damage and skin cancer. Too little UV from the sun can lead to low vitamin D levels.
   1.2 Lyndhurst Primary School is applying to be a Sunsmart member school. Our SunSmart policy has been developed to ensure that all children and staff attending this school are protected from skin damage caused by the harmful ultra-violet rays of the sun. It is to be implemented throughout the year with a combination of sun protection measures used during the Sunsmart period from the beginning of September until end of April. During these months particular care is taken during the middle of the day between 10am – 3pm when UV levels reach their peak.
   1.3 To help maintain winter vitamin D, sun protection measures are not used from May until August unless the UV Index level reaches 3 and above

2. **Aims:**
   2.1 To educate students as to suitable sunsmart protection strategies.
   2.2 To encourage children and teachers to protect themselves from the effects of the sun.
   2.3 To encourage safe UV exposure whenever UV Index levels are below 3.

3. **Implementation:**
   Lyndhurst Primary School is a SunSmart School and employs the following practices
   3.1 Behaviour
   - During the Sunsmart period (1st September – 30th April), children must wear Lyndhurst Primary School uniform wide brimmed / bucket hats which protect the face, neck and ears whenever they are outside eg. recess, lunch, sport and excursions.
   - Sun protective clothing is included in our school uniform dress code and sports uniform. School clothing is made of close weave fabric and includes shirts with collars and longer sleeves, longer style dresses and shorts and rash vests or t-shirts for outdoor swimming.
   - Children who do not wear a hat or appropriate clothing are restricted to one shaded area in the playground during recesses and lunches.
   - Children are encouraged to wear SPF 30+ broad spectrum water resistant sunscreen whenever possible. Children are encouraged to keep their own sunscreen at school and re-apply it at lunchtime.
   - Sunscreen is applied at least 20 minutes before going outdoors and reapplied every two hours if outdoors.
   - Children are reminded to apply sunscreen before going outdoors.
   - With parental consent, children with naturally very dark skin are not required to wear sunscreen.
   - When Lyndhurst Primary School children are out of the school grounds, they are still expected to use sunscreen and hats. At sporting events, shade will be provided for children waiting to participate in their events.
   - All staff should follow these guidelines and wear hats whilst on yard duty and involved in sporting events.
3.2 Curriculum
- Incorporate programs on skin cancer prevention and vitamin D into the curriculum.
- Regularly reinforce SunSmart behaviour in a positive way through the school bulletins, information meetings, student and teacher activities and at senior, junior and general school assemblies.

3.3 Environment
- There are many shady areas in our school playground. Children are encouraged to use these, especially during periods of sustained high temperatures.
- Our school is not well treed but many trees have been planted with more planting is planned in the future.
- School fitness sessions are all scheduled before 12.00.
- Junior and senior sport sessions are scheduled in the mornings.
- The sport teacher is aware of shaded and indoor areas for Physical Education sessions if these are scheduled between 11.00 am and 3.00 pm.

3.4 This policy is to be read as part of our Student Dress Code.

4. Evaluation:

4.1 This policy will be evaluated as part of the school three year policy review cycle.

References: Exec Memo No 99/039, Anti-Cancer Council of Victoria ph: 9635 5148
Victorian Government Schools Reference Guide: 4.5.11 Skin protection
Building Quality Standards Handbook (BQSH): Section 7.5.5 Shade Areas
Safe Work Australia: Guidance Note for the Protection of Workers from the Ultraviolet Radiation in Sunlight