

Sunsmart Policy

Owner:	Reviewed:	Revised:
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Policy Statement

The Adelaide Botanic High School community is committed to working together to create and promote a learning community which understands and promotes the importance of being SunSmart and protecting ourselves from over exposure to harmful ultraviolet rays.

Policy Purpose

- To understand what SunSmart practices are and what they look like
- To encourage the entire school community to practice SunSmart behaviours, especially when outdoors and the UV index level reaches 3 or above.
- To ensure that students and staff have access to outdoor areas that provide adequate areas when UV index levels reach 3 or above.
- To develop a culture of our school community being responsible for their own SunSmart practices.

Scope

This policy applies to school leaders, teachers, students, and parents/caregivers.

Definition of SunSmart practices

SunSmart practices refer to the following protective measures: wearing sun-protective clothing, wear SPF30 (or higher) sunscreen, wearing a hat (preferably broad-brimmed), seek shade wherever possible and wear sunglasses when outdoors.

Definition of UV radiation

Ultraviolet (UV) radiation comes directly from the sun. It can also be scattered in the air and reflected by surfaces such as buildings, concrete, water, sand and snow. UV radiation can also pass through light cloud. UV radiation is the major cause of skin cancer.

Definition of UV index levels

The UV index represents the amount of skin-damaging UV radiation reaching the earth's surface at any instant of the time. A reading determines the level of danger the average person may experience from the Sun's UV rays.

0 to 2 means low danger

3 to 5 means moderate danger

6 to 7 means high danger

8 to 10 means very high danger, and

11+ means extreme danger



Examples of SunSmart behaviours at Adelaide Botanic High School:

- Wearing appropriate school uniform (PE uniform for practical Lifestyle Choices lessons)
- Wearing a hat outside at breaktimes and for practical outdoor Lifestyle Choices lessons
- Applying SPF30+ sunscreen at outdoor whole school events e.g. Sports Day and prior to going outdoors for lessons
- Seeking shade when outdoors at school when the UV index is at 3 or above

Procedure and Guidelines

School Leaders	Teachers	Students	Parents/caregivers
<p>Develop, implement and regularly review the school's SunSmart policy.</p> <p>Ensure that all new students to the school, and their families, are aware of the SunSmart policy.</p> <p>Ensure that the school uniform complies with SunSmart policy.</p> <p>Manage incidents of high UV index weather in a way that is consistent with The Department's School Discipline Policy.</p> <p>Ensure adequate shaded areas, drink fountains, and sunscreen is available for staff and students</p>	<p>Foster positive relationships with students.</p> <p>Ensure students have access to adequate supplies of SunScreen and shaded areas during lessons conducted outdoors.</p> <p>Establish, maintain, make explicit and model the school's expectations related to SunSmart behaviours.</p> <p>Support students to be proactive in adopting SunSmart behaviours.</p>	<p>Practice SunSmart behaviours.</p> <p>Be proactive in seeking out sunscreen and shade when required.</p> <p>Wear the school uniform as it designed to be worn.</p>	<p>Support their child to wear the Adelaide Botanic High School uniform as designed to be worn.</p> <p>Support their child to practice SunSmart behaviours in and out of school.</p> <p>Contact their child's Connect teacher if they have concerns about the SunSmart policy.</p>



