

# SUN SMART POLICY

## This policy is informed by:

- **CMS Student Welfare Policy 2015**
- Policy on Playground Supervision (*reviewed June 2014*)
- CMS Duty of Care Policy
- CMS Sun Smart Policy (*reviewed June 2014*)

## Statement:

Canberra Montessori School is committed to providing a safe and healthy environment for all students and staff and to promote attitudes to skin protection.

## Rationale:

The Sun Smart Policy provides guidelines to ensure students and staff have some UV exposure for Vitamin D absorption while ensuring well protected measures are in place when UV levels reach 3 and above. Students are encouraged to independently take sun protection measures underlined by duty of care practice from staff. WHS strategies are followed for safety in the outdoors.

## Specific Practices & Procedures:

- A combination of sun protection measures are used for all outdoor activities from 1<sup>st</sup> August to 31<sup>st</sup> May and whenever UV levels reach 3 and above.
- Where possible, active, outdoor sun safe play is encouraged throughout the day.

## Healthy Social Environment:

- Management ensures a sufficient number of shelters and trees providing shade in the outdoor areas.
- The availability of shade is considered when planning all outdoor activities and excursions.
- Students are encouraged to choose and use available areas of shade when outside.
- Students who do not have appropriate hats or outdoor clothing are asked to choose a shady play space or a suitable area protected from the sun.

## Learning and Skills:

- Sun protection and importance of vitamin D are incorporated into the learning and development program.
- The Sun Smart Policy is reinforced through staff and student activities.

## Healthy Physical Environment:

- When outside, students are required to wear loose fitting clothing that covers as much skin as possible. If a student is not wearing sun-safe clothing (e.g. a singlet top or shoestring dress) they will be required to choose a t-shirt/shirt to wear over the top before going outdoors.

- Students and staff are required to wear hats that protect their face, neck and ears, i.e. legionnaire, broad-brimmed or bucket hats. Baseball or peak caps are not considered a suitable alternative.
- SPF 30 or higher broad spectrum, water resistant sunscreen is supplied by the school and/or families.
- Sunscreen is applied at least 20 minutes before going outdoors and reapplied every two hours if outdoors.
- To help develop independent skills, children from 3 years are given opportunities and encouraged to apply their own sunscreen under staff supervision.
- Sun screen is available outside the Cycle 1 classrooms to support application prior to entering the classroom to ensure skin is protected should children choose to work in the outdoors during the morning work cycle.

**Monitoring and Review:**

- Management and staff monitor and review the effectiveness of the Sun Smart Policy and revise the policy when required (every three years) by completing a policy review and membership renewal with Sun Smart at [sunsmart.com.au](http://sunsmart.com.au)
- Sun Smart Policy updates and requirements will be made available to staff, families and visitors.

Approved by:	Date:	Next Review Date:
Principal	07/08/2020	07/08/2022