



## **Sun Safe**

### **1. Scheduling outdoor activities**

- Where possible, JVS schedules outdoor activities (assemblies, sport, PE, etc) outside peak UV times of 10am – 2pm (or 11am – 3pm daylight saving time).
- JVS considers all sun protection measures when planning outdoor activities and excursions.

### **2. Shade**

- The school community is committed to providing shade in areas where students gather – such as eating, outdoor teaching and popular play areas.
- We consult with the school community about future plans for shade.
- Students are encouraged to use the shade available when outside.
- The availability of shade is considered when planning all outdoor activities and excursions.

### **3. Hats**

- Students are encouraged to wear sun-safe hats that protect the face, neck and ears when outside. Recommended sun-safe hats include legionnaire, broad-brimmed and bucket hats. Baseball caps are not recommended.
- Students who do not have a sun-safe hat are asked to play in the shade or a suitable area protected from the sun.

### **4. Clothing**

- Sun-safe clothing is part of our school and sports uniforms. This includes shirts with collars or covered necklines, sleeves, longer style dresses and shorts, and rash vests or t-shirts for outdoor swimming.

### **5. Sunscreen**

- Where possible, at least SPF 30+ broad-spectrum water-resistant sunscreen is available for staff and students.
- We encourage the use of sunscreen.
- Where possible, we apply sunscreen at least 20 minutes before going outdoors.
- Students and teachers are encouraged to reapply sunscreen every 2 hours when outdoors for extended periods.

### **6. Role modelling of staff**

- Staff are asked to role model good sun protection behaviours when outside.

This includes:

- Wearing sun-safe hats, clothing and sunglasses.
- Applying SPF 30+ broad-spectrum water-resistant sunscreen.
- Where possible, seeking shade.

## **7. Curriculum**

- Teachers include sun protection principles in teaching programs for all year levels.

## **8. Informing the school community**

- Sun protection information is regularly promoted to the school community through newsletters, notice boards, online, parent meetings, staff meetings, school assemblies and on student enrolment.
- Families and visitors are encouraged to use a combination of sun protection measures (sun-safe hats, clothing, sunglasses and SPF 30+ broad spectrum water-resistant sunscreen) when attending or participating in outdoor activities.

## **9. Sunglasses**

- Staff and students are encouraged to wear close-fitting wrap-around sunglasses that cover as much of the eye area as possible and comply with Australian Standard AS1067 (Sunglasses: Category 2, 3 or 4).

## **10. Review**

- School parent body and staff will regularly monitor and review the effectiveness of the Sun Protection Policy.
- The school's Sun Protection Policy will be updated and submitted to Cancer Council NSW once every three years to maintain SunSmart status.

**Last Updated: 21 March 2013**