Sun protection benchmarks

### Healthy policies

1. A whole school sun protection policy which supports healthy UV exposure practices is in place.
   - a) The policy addresses healthy UV exposure to balance minimising skin and eye damage, sunburn and skin cancer risk with vitamin D requirements using a combination of sun protection measures.
   - b) Staff, families and students are involved in guiding healthy sun protection policy and practices.
   - c) Staff, families and students are provided with information about policy requirements.
   - d) The diversity of the school and the community is considered when developing and implementing this policy.
   - e) The policy is cross-referenced with, and complements other relevant policies (e.g. physical activity, DEECD School Policy and Advisory Guide ‘Sun and UV Protection’ policy).
   - f) The policy can be stand alone or incorporated into a whole school health and wellbeing policy.

2. The school has a staff health and wellbeing policy which supports healthy UV exposure practices.

### Healthy physical environment

3. Sufficient shade is available in outdoor areas.
   - a) The school ensures there is a sufficient number of trees and shelters providing shade in outdoor areas.
   - b) Availability of shade is considered when planning all outdoor activities, on and off site.
   - c) A shade audit is conducted regularly to determine current availability and quality of shade.

4. SPF 50+ broad spectrum, water resistant sunscreen is available for all students and staff.
   - a) Sunscreen is supplied by the school or families.
Healthy social environment

5. Students are encouraged to use a combination of sun protection measures when outdoors during September–April, and whenever UV levels reach 3 and above.
   a) Students are required to wear hats that protect their face, neck and ears.
   b) School uniform/dress code guidelines include wear loose fitting clothing made from cool, densely woven fabric which covers as much skin as possible.
   c) Students are encouraged to apply SPF 50+ broad spectrum sunscreen.
   d) With parental consent, students with naturally very dark skin are not required to wear sunscreen to help with vitamin D requirements, however eye protection is still required.
   e) Where practical, students are encouraged to wear close fitting, wrap-around sunglasses that meet the Australia Standard 1067 (sunglasses: category 2, 3 or 4) and cover as much of the eye area as possible.

6. Staff and families recognise they are role models and are encouraged to use a combination of sun protection measures in line with the school’s sun protection policy.
   a) When outdoors during September–April and whenever UV levels reach 3 and above staff and families are encouraged to:
      • wear sun protective hats, clothing and sunglasses
      • apply SPF 50+ broad spectrum, water resistant sunscreen
      • seek shade whenever possible.

Learning and skills

7. Sun protection and vitamin D education and related health messages are incorporated into the curriculum.
   a) Sun protection and vitamin D education is delivered in one or more key learning areas of the curriculum.

8. Staff are supported to access resources, tools and professional learning to enhance their knowledge and capacity to promote sun protection and vitamin D across the curriculum.

Engaging children, young people, staff and families

9. Families, students and staff are key partners in developing and supporting sun protection and vitamin D initiatives.
   a) Families and staff are provided with information, ideas and practical strategies on a regular basis to support healthy UV exposure at school and at home.
   b) Students are consulted about sun protection and vitamin D initiatives via junior school council, student action teams or other representative structures.
   c) Families are encouraged to be involved in sun protection and vitamin D initiatives at school.
   d) Staff are encouraged to develop competencies to facilitate engagement of families and students from diverse cultural backgrounds.

Community partnerships

10. Staff are encouraged to work with local health professionals, services and other organisations to increase their capacity to deliver and promote sun protection and vitamin D initiatives.
    a) Links are established with local health professionals, services and organisations to support sun protection and vitamin D initiatives.
    b) Families and staff are encouraged to access the SunSmart UV Alert to find out daily local sun protection times.
    c) Partner organisations comply with sun protection measures identified in the school sun protection policy at outdoor service events on and off site.