NORTH ARM STATE SCHOOL – SUN SMART POLICY

At North Arm School we believe that children should be protected from the sun. We enact this by ensuring sun protective clothing and hats are worn when children are working or playing in the sun. Children must wear protective swim shirts while attending swimming and other water based activities. Students are encouraged to apply sunscreen [SPF 30+] before coming to school each day.

Teachers and parents provide good role models for the children at our school. Teachers are required to wear hats while on playground duty. Children are encouraged to play in shaded areas such as the under covered areas and under shade trees and eaves.

During the hottest part of the day, physical activities such as Physical Education Lessons are mostly undertaken in covered games areas or in the school hall. Sun Smart activities held at our school may include the following:

- Planting trees around the school
- Using shade covers for sports days, fairs, etc.
- Conducting educational programs on Sun Safety- involving Qld Cancer Fund volunteers
- Providing sunscreen for students
- Planning activities to minimise time spent in the sun
- Conducting Physical Education lessons in the Covered Play Areas and shaded areas and in the hall during peak sun exposure times and in warmer weather
- Ensuring parents are informed of the policy when enrolling their child
- Wearing school uniforms that are Sun Smart compliant
- Wearing Sun Smart clothing on Free Dress Days

WHAT PARENTS CAN DO:
Parents and care-providers can participate in Sun Safety by:

- Being a positive role model
- Providing children with appropriate broad-brimmed hats, clothing and 30+ or higher broad spectrum sunscreen
- Donating and planting trees
- Providing materials and time to build shade structures and covered seating areas
- Reminding children about drinking water as they can dehydrate easily during hot weather
- Supporting the school’s Sun Smart Policy and assisting with reviewing and updating the policy
- Purchasing and equipping children with appropriate swim shirts for swimming and surf skills lessons
- Ensuring attire at school camps and excursions is completely Sun Safe.

APPROPRIATE UNIFORMS
The North Arm School uniform has been designed to provide protection from harmful UV radiation as well as to be cool during hot weather. A collar and sleeves on the shirts offer protection to the neck, upper arms and shoulders. Shorts should preferably reach just above the knees.

HATS
The North Arm School has a broad-brimmed had as part of the uniform. Sun Smart hats provide shade. The brim needs to be 7cm to protect the head and face. At North Arm, children must wear hats to play or else they sit out.

SUNSCREENS
Sunscreens, when used, should be at least SPF 30+ broad spectrum. They should be applied at home before school and reapplied as necessary.