



ST THOMAS'S  
SCHOOL

## Sun Smart

Our sun protection policy, **which applies only during terms 1 and 4**, has two main aims:

- To protect our students and staff from excessive exposure to the sun's UVR while they are at school
- To educate the whole school community about the harmful effects of excessive exposure to the sun's UVR, and how to keep themselves safe.

**During terms 1 and 4**, between 10 am and 4 pm, **the school models "sun-safe" practices and ensures that staff and students take the following steps to protect themselves. The staff:**

- Encourage children to protect themselves by applying sunscreen before coming to school and sitting/playing in the shade where possible.
- Require students to wear school approved hats.
- Encourage students to keep hydrated by drinking water.
- Staff model appropriate sun-safe behaviour when they are outside and involved in school activities, by wearing hats and making use of shade whenever possible. Parents are also encouraged to wear sunhats and be positive role models when participating in school activities.
- Try to schedule outdoor activities to minimise exposure to the sun during the summer.
- Include sun protection in the risk management plan developed for EOTC activities.

### Terms 2 and 3

Sun exposure has benefits, including increasing Vitamin D absorption. During terms 2 and 3, UVR is generally at a low level and students do not normally need to wear hats or sunscreen or stay in the shade. They should be encouraged to actively enjoy the sun. However, from the beginning of September, levels of UVR start to increase, so if the children will be exposed to the sun for long periods – such as at a sports day – sun protection practices are appropriate.

Ratified by Board	
Signed	_____
Date	16.6.2026