



# SUNSMART

## PURPOSE

The purpose of this policy is to encourage behaviours at Preston South Primary School to minimise the risk of skin and eye damage and skin cancer.

This policy provides guidelines to:

- support staff and students to use a combination of sun protection measures when UV index levels are 3 or above (generally mid-August – end of April) (as per the Student Dress Code, the school will specify the exact date annually)
- ensure that there are outdoor environments that provide adequate shade for students and staff
- ensure students are encouraged and supported to develop independent sun protection skills to help them to be responsible for their own protection
- support our school's strategies to meet its duty of care and occupational health and safety obligations to minimise harmful UV exposure and associated harm for students and staff.

## SCOPE

This policy applies to all school activities, including camps and excursions. It is applicable to all students and staff.

## POLICY

Excessive exposure to the sun's ultraviolet (UV) radiation can cause health problems including sunburn, damage to skin and eyes, and an increased risk of skin cancer.

UV radiation:

- cannot be seen or felt
- can be reflected off surfaces such as buildings, asphalt, concrete, water, sand and snow
- can pass through light clouds
- varies in intensity across the year (highest in Victoria from September - April)
- peaks during school hours

Sun safety is a shared responsibility and staff, parents and students are encouraged to implement a combination of sun protection measures whenever UV levels reach 3 and above (typically from mid-August to the end of April in Victoria). Information about the daily local sun protection times is available via the

The school has the following measures in place to help reduce the risk of excessive UV sun exposure for staff and students.

### Shade

The school will provide for sufficient options for shelter and trees to provide shade on school grounds, particularly in places such as:

- where students congregate for lunch

- the canteen
- outdoor lesson areas
- popular play areas including the adventure playground
- assembly areas
- sports grounds

When building works or grounds maintenance are conducted that may impact on the level of shading available to staff and students, a review of the shaded areas available will be conducted and further shading installed as appropriate.

### **Sun Protective Uniform/Clothing**

From mid-August to end of April, and whenever UV levels reach 3 and above, as part of the uniform/ dress code, students should wear sun-protective clothing such as:

- loose, cool, closely-woven fabric
- shirts with a collar and/or high necklines
- tops with elbow length or long sleeves
- longer style shorts and skirts
- rash vests or t-shirts for outdoor swimming activities.

At recess and lunch times from September to April, and whenever UV levels reach 3 and above, all students **must** wear a hat when playing outside.

Staff and students are encouraged to wear hat styles that protect the face, neck and ears when outdoors, for example broad-brimmed, legionnaire or bucket.

Students are required to wear a school hat or another hat style that protects the face, neck and ears when outdoors, for example broad-brimmed, legionnaire or bucket.

Students who may not be wearing appropriate protective clothing or a hat will be asked to play in the shade or in a suitable area protected from the sun.

Staff also will be required to wear a hat whilst on yard duty during this period.

### **Sunscreen**

The school encourages all staff and students to apply SPF 30+ (or higher) broad-spectrum, water-resistant sunscreen daily at a minimum from September to the end of April, and whenever UV levels reach 3 and above. Sunscreen should be applied at least 20 minutes before going outdoors, and reapplied every two hours if necessary.

The school has strategies in place to remind students to apply sunscreen before going outdoors for example sunscreen monitors or sunscreen buddies in Foundation (Prep) – Year 6.

Staff and students who may suffer from allergic reactions from certain types of sunscreen are encouraged to contact the Assistant Principal to implement a management plan to reduce the risk of an allergic reaction at school.

Staff and families should role model SunSmart behaviour and are encouraged to apply SPF 30+ (or higher) broad-spectrum, water-resistant sunscreen when outside from September to the end of April or whenever UV levels reach 3 and above.

## Sunglasses

The school encourages students and staff engaged in outdoor activities to wear close-fitting, wrap-around sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.

## Curriculum

Students are encouraged to make healthy choices, and are supported to understand the benefits and risks of sun exposure. The school will address sun and UV safety education as part of class programs in Foundation – Year 6.

Staff are encouraged to access resources, tools, and professional learning to enhance their knowledge and capacity to promote sun smart behaviour education across the school community.

## Engaging Students, Staff and Families

The school will remind families through newsletters, noticeboards, the school website and school assemblies of the SunSmart policy.

## FURTHER INFORMATION AND RESOURCES

- School Policy Advisory Guide:
  - [Sun and UV Protection Policy](#)
  - [Duty of care](#)
- [SunSmart](#)
- [Achievement Program](#)'s SunSmart Policy [schools will need to register for the program to gain access to these resources]

Reference:

[www.education.vic.gov.au/school/principals/spag/health/pages/sun.aspx](http://www.education.vic.gov.au/school/principals/spag/health/pages/sun.aspx)

## REVIEW CYCLE

This policy, first developed in this format in May 2019 and will be reviewed as part of the school's three-yearly review cycle or if guidelines change (latest DET update early March 2019).

This update was ratified by School Council.....

Note: The SunSmart Policy template has been updated to account for recent changes to health information and Department policy on the dates that the UV index levels are 3 or above. Generally, Victoria's UV index level is now 3 or above from mid-August to the end of April. The template has also removed reference to Vitamin D, to reflect revised health information.

