



SUNSMART POLICY

SEPTEMBER 2020

PURPOSE

The purpose of this policy is to encourage behaviours at Strathaird 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)
- 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 mid-August – end of 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 free SunSmart app, or at sunsmart.com.au or bom.gov.au.

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

Shade

Students are encouraged to use available areas of shade when outside.

Strathaird Primary School provides options for shade on school grounds, such as:

- playgrounds
- stage area

- basketball courts
- under shade sails
- trees and shrubs

The availability of shade is considered when planning all outdoor activities.

Students who do not have appropriate hats or outdoor clothing are asked to play in a specific area protected from the sun.

Sun protective uniform/clothing

Strathaird Primary School's school uniform and dress code includes sun-protective clothing, including:

- loose, cool, closely-woven fabric
- shirts with a collar and/or high necklines

From mid-August (exact date to be set by the school annually) to 30 April, all students **must** wear a sun protective broad brimmed or legionnaires hat that shades the face, neck and ears for all outdoor activities. Hats may also be worn for all outdoor activities outside of the August to April time period, by parent or student choice.

Staff are supplied with a broad brimmed hat. Staff are required to wear a sun protective hat when outdoors on yard duty and at other times.

Sunscreen

Strathaird Primary School encourages all staff and students to apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen daily whenever UV levels reach 3 and above. Sunscreen should be applied at least 20 minutes before going outdoors, and reapplied every two hours according to [manufacturer's instructions](#).

Strathaird Primary School has strategies in place to remind students to apply sunscreen before going outdoors [for example i.e. reminder notices, sunscreen monitors, sunscreen buddies].

At Strathaird Primary School all students have access to sunscreen in their classroom.

Staff and students who may suffer from allergic reactions from certain types of sunscreen are encouraged to supply their own sunscreen. In severe cases parents should contact the School Office 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.

Sunglasses

Where practical Strathaird Primary 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 at our school are encouraged to make healthy choices, and are supported to understand the benefits and risks of sun exposure. Strathaird Primary School will address sun and UV safety education as part of the classroom and PE program.

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

Engaging students, staff and families

SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school website/intranet, staff and parent meetings, school assemblies, student and teacher activities and at student enrolment/new staff orientation.

FURTHER INFORMATION AND RESOURCES

- the Department's Policy Advisory Library:
 - [Sun and UV Protection Policy](#)
 - [Duty of care](#)
- [SunSmart Achievement Program](#)'s SunSmart policy

REVIEW CYCLE

This policy was last updated on 8th September and is scheduled for review on September 2024