

# SUNSMART POLICY



## PURPOSE

The purpose of this policy is to encourage behaviours at Parkwood Green Primary School that reflect a healthy UV exposure balance, ensuring some sun exposure for vitamin D while minimising the risk of 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 September – April) and allow sun exposure when UV levels are below 3 (generally May – August)
- 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.

Arising from our understanding of the dangers of UV rays, particularly on young sensitive skin and the dangers from being exposed at such a young age, we have developed and implemented a SunSmart policy to ensure that:

- Students are educated in the potential dangers of being exposed to UV rays
- Students are instructed in how to protect themselves from skin damage caused by the harmful rays of the sun
- Staff and students adopt good personal sun-safe practices
- Appropriate OHS strategies are implemented to minimise UV risk and associated harms for staff and visitors
- Duty of care requirements are supported

## SCOPE

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

## POLICY IMPLEMENTATION

A balance of sun exposure is important for health. Excessive exposure to the sun can cause health problems including sunburn, dehydration, damage to skin and eyes, and an increased risk of skin cancer.

Too little UV exposure from the sun can lead to low Vitamin D levels. Vitamin D is essential for healthy muscles and bones, and overall health.

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

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A combination of sun protection measures should be put in place from September to the end of April, and whenever UV levels reach 3 and above. Parkwood Green Primary School **has** the following measures in place to help reduce the risk of excessive UV sun exposure for staff and students.

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

- play areas
- assembly areas
- lunch areas ( where applicable)

Students without broad brimmed hats will be restricted to play in designated shaded areas. Children who habitually don't bring a hat may be restricted from playing outside.

When building works or grounds maintenance is conducted at Parkwood Green Primary School 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.

The school council will provide adequate shade structures for students as practicable; particularly over high density play areas such as sand pits and play equipment. The school newsletter and school assemblies will be used to highlight and reinforce the sunsmart policy

## **Slip on sun protective clothing**

- Sun protective clothing is included in our school uniform

## **Slap on a hat**

- Students will be required to wear hats which protect their face, neck and ears from 1<sup>st</sup> September to the end of April, when they are outside
- Children will be required to wear School Council approved school uniform broad brimmed hats (at least 6 cm rigid brim) during terms 1 and 4 whenever they are outside. They will also be required to take these hats with them on all excursions and camps
- Staff will act as role models by also wearing broad brimmed hats (at least 6cm rigid brim) when outside
- Appropriate School Council approved school uniform hats for students will be readily available in the uniform store room for purchase
- Staff members can wear broad brimmed hats of their own choosing so long as they comply with the above description. Staff can choose to wear a school supplied School Council approved school uniform hat available from the uniform store

## **Slop on sunscreen**

- The use of SPF 30+ broad spectrum, water resistant sunscreen is encouraged, with time allowed for applying sunscreen. Strategies will be developed to help students remember to apply sunscreen before going outdoors.

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- **Parents are encouraged to supply SPF 30+ or higher broad spectrum, water resistant sunscreen for student's use**

## Slide on sunglasses

- Where practical, students and staff are encouraged 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

- Programs on skin cancer prevention and Vitamin D are included in the curriculum for all year levels
- SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, parent meetings, staff meetings and school assemblies. Staff are requested, and families and visitors to the school encouraged, to act as role models by practising SunSmart behaviours including wearing appropriate hats and clothing when outdoors
- Whenever possible, outside activities on hot days should be scheduled before 11:30 am.
- Sunsmart activities and sun protection will form part of the Health and Physical Education curriculum at all year levels

## FURTHER INFORMATION AND RESOURCES

### Related School Policies

- Supervision and Duty of Care Policy
- Visitors Policy
- Volunteers Policy

### Related DET Resources

- School Policy Advisory Guide:
  - [Sun and UV Protection Policy](#)
  - [Duty of care](#)
  - [SunSmart](#)

## EVALUATION

This policy will be reviewed every two years or as necessary due to changes in regulations or circumstances