

SUNSMART POLICY (June 2020)

PURPOSE

The purpose of this policy is to encourage behaviours at Edithvale 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.

IMPLEMENTATION

- To assist with the implementation of this policy, staff and students are encouraged to access the daily local sun protection times via the SunSmart widget on the school's website, the free SunSmart app, or at sunsmart.com.au.
- The sun protection measures listed are used for all outdoor activities during **the daily local sun protection times**
- The sun protection times are a forecast from the Bureau of Meteorology for the time of the day UV levels are forecast to reach 3 or higher. At these levels, sun protection is recommended for all skin types. In Victoria, UV levels regularly reach 3 or higher from Mid-August to the end of April.

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 SunSmart widget on the school's website, the free SunSmart app, or at sunsmart.com.au or bom.gov.au

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

On extremely hot days a "Hot Day" timetable will be implemented, enabling respite from outside conditions.

Shade

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

- where students congregate for lunch
- the canteen
- popular play areas

When building works or grounds maintenance is conducted at Edithvale 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 community will continue to develop shady areas in the school by caring for established trees and planting new ones where necessary

Students are encouraged to use available areas of shade when outside

Sun protective uniform/clothing

Edithvale Primary School recommends that from mid-August to end of April, and whenever UV levels reach 3 and above, students come to school wearing 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.

From mid-August through to 30 April, all students **must** wear a sun protective 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 and students are encouraged to wear hat styles that protect the face, neck and ears when outdoors

Students are required to wear a school hat or another hat style that protects the face, neck and ears when outdoors. Students who are not wearing appropriate protective clothing or a hat may be asked to play in the shade or in a suitable area protected from the sun.

A 'No Hat, No Play' rule will be enforced during terms 1 and 4 and to the end of April. Students without hats will be restricted to playing in designated shaded areas.

Staff will act as role models by also wearing broad brimmed hats when outside from Mid-August to the end of April.

Sunscreen

Edithvale 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](#).

It is recommended that sunscreen be applied before school under parent supervision. Sunscreen should be provided by parents for their children to use at school and on excursions.

Teachers will remind students to apply sunscreen before going outside and prior to Physical Education or Sport classes.

The school will provide SPF 30 (or higher) broad spectrum, water resistant sunscreen for staff use.

At Edithvale Primary School students are welcome to attend the First aid room and office area to access sunscreen. Staff and students who may suffer from allergic reactions from certain types of sunscreen are encouraged to contact the school 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 Edithvale 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. Edithvale Primary School will address sun and UV safety education as part of Health and Physical Education lessons and during Wellbeing sessions

Outdoor activities will be planned with consideration to this policy. The availability of shade is considered when planning all other outdoor activities

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.

Families and staff are provided with information, ideas and practical strategies to support UV safety at school and at home. Edithvale Primary School may provide families and staff with information through i.e. newsletters, school website, and school assemblies.

The SunSmart widget is prominently displayed on the homepage of our school's website. SunSmart posters are displayed around the school to remind students to apply their sunscreen regularly.

References:

www.sunsmart.com.au

http://www.sunsmart.com.au/ultraviolet_radiation/sunsmart_uv_alert/uvwidget.html

<http://www.education.vic.gov.au/school/principals/spag/health/Pages/sun.aspx>

REVIEW CYCLE

This policy was last updated on 16 June 2020 and is scheduled for review in 2023.

This policy will also be updated if significant changes are made that require a revision of this policy