



SUNSMART POLICY

Rationale

A healthy balance of ultraviolet radiation (UV) exposure is important for health. Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. Too little UV from the sun can lead to low vitamin D levels.

Sunshine Harvester Primary School believes that all students should be protected from skin damage caused by the harmful ultraviolet rays of the sun. Sunsmart policy will operate, as appropriate, throughout the year but with a combination of sun protection measures used from September to April.

Staff are encouraged to access the daily SunSmart UV Alert at sunsmart.com.au (or on their own school website) to find out daily sun protection times to assist with the implementation of this policy.

From September to April in Victoria

When average UV Index levels reach 3 and above, a combination of sun protection measures is used whenever outdoors including:

Implementation

All students are required to wear hats, which protect the face, neck and ears (e.g. wide brimmed or bucket style) whenever they are outside (during recess, lunch, sport, excursions, before and after school). Students without hats or appropriate clothing will be asked to stay in the shade.

Sun protective clothing is included in our school uniform / dress code and sports uniform. School clothing is cool, loose fitting and made of densely woven fabric. It includes shirts with collars and longer sleeves, longer style dresses and shorts and rash vests or t-shirts for outdoor swimming.

- Encourage students to use available areas of shade for outdoor activities.
- Enforce the rule, "no hat, no play" which requires students without hats or appropriate clothing to stay in the shaded areas.
- Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminder notices, sunscreen monitors, sunscreen

buddies). We encourage parents to supply their own labelled sunscreen that we will encourage their child to use

- Encourage staff and parents to act as role models by practicing Sunsmart behaviours.

Curriculum

- Incorporate programs on skin cancer prevention and vitamin D into the curriculum.
- Regularly reinforce Sunsmart behaviour in a positive way through newsletters, parent meetings, and student and teacher activities.
- Organise outdoor activities to be held in areas of shade whenever possible.
- Work toward increasing the number of shelters and trees so as to provide adequate shade in the school grounds.

Staff OHS and Role modeling

As part of OHS UV risk controls and role-modeling, when the UV is 3 and above staff:

- wear sun protective hats, clothing and sunglasses when outside
- apply SPF 30+ broad spectrum, water resistant sunscreen
- seek shade whenever possible

From May to August in Victoria

When average UV Index levels are below 3, sun protection measures are not used from May until August unless near highly reflective surfaces such as snow, outside for extended periods or when UV levels reach 3 and above.

Evaluation

- The SunSmart Coordinator will review effectiveness of this policy each year.
- Review the Sunsmart behaviour of students, staff, parents and visitors and make recommendations for improvement.
- Assess shade provision and usage and make recommendations for increases in shade provision.
- Update and promote curriculum material relevant to SunSmart activities.

Relevant Documents / Links

- DEECD School Policy & Advisory Guide (SPAG) Sun & UV protection (2011)
- Victorian Early Years Learning and Development Framework (VEYLDF)
- Building Quality Standards Handbook (BQSH): Section 7.5.5 Shade Areas
- Education and Training Parliamentary Committee Inquiry into Dress Codes and School Uniforms in Victorian Schools - Government Response

- Occupational Health and Safety Act 2004 Sections 21 and 23: Main Duties of Employers Section 25: Duties of Employees
- Radiation Protection Standard for Occupational Exposure to Ultraviolet Radiation (2006) ARPANSA Radiation Protection Series No. 12
- Safe Work Australia: Guidance Note for the Protection of Workers from the Ultraviolet Radiation in Sunlight