



SUNSMART Policy

Purpose

The purpose of this policy is to encourage behaviours at Morang 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 between mid-August and the end of April , when UV index levels are generally 3 or above
- 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 skin cancer. UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer in later life.

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, but particularly 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. The sun protection times are a forecast from the Bureau of Meteorology for the time of day UV levels are forecast to reach 3 or higher. **At these levels, sun protection is recommended for all skin types.**

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

Shade

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

- over playground equipment
- where students sit in groups at playtimes
- the canteen
- sandpits
- outside assembly areas
- around sporting fields

The availability of shade is considered when planning all outdoor activities. Students are encouraged to use available areas of shade when outside.

When building works or grounds maintenance is conducted at Morang South 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.

Sun protective uniform/clothing

As part of Morang South Primary School's Uniform and Dress Code policy it requires 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.

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

- closely-woven fabric
- shirts with a collar
- tops with elbow length sleeves
- longer style shorts and skirts

From mid-August (exact date to be set by the school annually) to 30 April, all students and staff **must** wear a school 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, for example broad-brimmed, legionnaire or bucket.

Students are required to wear a school hat that protects the face, neck and ears when outdoors, for example legionnaire or bucket. Students who are not wearing appropriate protective clothing or a hat will be asked to spend play times in a suitable area protected from the sun. Peak caps and visors are not considered a suitable alternative.

Sunscreen

Morang South Primary School encourages all staff and students to apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen daily from mid-August 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, or more frequently if sweating or swimming, according to [manufacturer's instructions](#). Students are encouraged to apply sunscreen before school and able to bring personal sunscreen for re-application throughout the day.

Morang South has strategies in place to remind students to apply sunscreen before going outdoors [for example i.e. reminder posters, sunscreen monitors, sunscreen buddies.

At Morang South Primary School students are welcome to attend the office to request access to sunscreen. Parents will be contacted for permission before providing sunscreen to students for personal application. Staff and students who may suffer from allergic reactions from certain types of sunscreen are encouraged to contact the school's first aid office through the 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 Morang South 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. Morang South Primary School will address sun and UV safety education as part of Health based units taught in 21st Century Learning lessons for all year levels..

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. Resources can be sourced at <https://www.sunsmart.com.au/communities/early-childhood-schools/resources-schools-early-childhood/primary-school-resources>

Engaging students, staff and families

SunSmart behaviour is regularly reinforced and promoted to the whole school community, particularly at the start of the Sunsmart period. This may be via uEducateUs announcements, assembly reminders, school-based community activities, and on 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 26/08/2020 and is scheduled for review on 26/08/2023 in conjunction with the year of the next School Review.

Date Implemented	26/08/2020
Author	Assistant Principal
School Council	School Council Approval Required
Date Approved by SC	28/10/2020
Responsible for next update	Assistant Principal
Update due	26/08/2023