

## SUNSMART POLICY - September 2019

### Rationale

The purpose of this policy is to encourage behaviours at Lalor East Primary School that 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

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](http://sunsmart.com.au) or [bom.gov.au](http://bom.gov.au).

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

### **Shade**

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

- student play equipment
- outdoor lesson areas\teaching spaces
- popular play areas
- assembly areas
- sporting grounds/pools.

When building works or grounds maintenance is conducted at Lalor East 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**

The school uniform and dress code at Lalor East Primary School includes sun-protective clothing, including:

- 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

From 1 September until 30 April, all students and staff **must** wear the approved broad brimmed, sun protective hat that shades the face, neck and ears for all outdoor activities.

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. Students may also be unable to participate in events, activities or excursions without the approved broad brimmed, sun protective hat.

### **Sunscreen**

Lalor East 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](#).

School students are welcome to access sunscreen from designated locations within the school. Staff and students who may suffer from allergic reactions from certain types of sunscreen are encouraged to contact the Principal 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.

## Curriculum

Students at our school are encouraged to make healthy choices and are supported to understand the benefits and risks of sun exposure. Lalor East Primary School will address sun and UV safety education as part of the Health & Physical Education sessions in the Victorian Curriculum.

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, Compass, staff and parent meetings, school assemblies, student and teacher activities, student enrolment and through staff induction.

Families and staff are provided with information, ideas and practical strategies to support UV safety at school and at home.

Lalor East Primary School may provide families and staff with information through various communication strategies [eg: newsletters, noticeboards, school website, school assemblies].

## Evaluation

This policy will be reviewed every four years as part of the school policy review cycle, following changes to Departmental legislation and guidelines or at times that the Principal forms the opinion that the policy warrants a review.

**Ratified by School Council:**

10 September 2019

**Due for Review:**

September 2023

## Further Information and Resources

### [School Policy Advisory Guide](#)

- [Sun and UV Protection Policy](#)
- [Duty of care](#)

[SunSmart \(http://www.sunsmart.com.au\)](http://www.sunsmart.com.au)