



SANDRINGHAM EAST PRIMARY SCHOOL

SunSmart Policy

Rationale:

This policy applies to all school events on and off the site of Sandringham East Primary school. This policy was written in consultation with the following:

Legislation and Standards

- Occupational Health and Safety Act 2004
- Education and Training Reform Act 2006: Sch.5 Reg. 1 (1.2)

Background:

A 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. Exposure to the sun's UV during childhood and adolescence is associated with an increased risk of skin cancer in later life. Too little UV from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health.

Aims:

This SunSmart policy provides guidelines to:

- Ensure all students and staff have some UV exposure for vitamin D.
- Ensure all students and staff are well protected from too much UV exposure by using a combination of sun protection measures during the daily local sun protection times (issued whenever UV levels are 3 and above).
- Ensure the outdoor environment is sun safe and provides shade for students and staff.
- Ensure students are encouraged and supported to develop independent sun protection skills to help them be responsible for their own sun protection.
- Support duty of care requirements.
- Support appropriate OHS strategies to minimise UV risk and associated harms for staff and visitors.
- To educate students as to suitable sunsmart protection strategies and assist them to be responsible for their own sun protection.
- To encourage children and teachers to protect themselves from the harmful effects of the sun whilst getting appropriate exposure to produce adequate vitamin D.
- To mandate the use of sun protection measures from September to April or whenever UV levels reach three or more – the level that can damage skin and eyes.
- Ensure all students and staff have some UV exposure for vitamin D.
- Work towards a safe school environment that provides shade for students, staff and the school community at appropriate times.

Implementation:

- Children will be required to wear School Council approved school uniform. Sun protective clothing is included in our selection of school uniform / dress code and

sports uniform. School clothing is cool, loose fitting and made of densely woven fabric. It includes shirts and dresses with collars, long sleeved garments, longer styled shorts and skirts.

- School uniform includes broad brimmed hats (at least 6 cm rigid brim) from 1st September to 30th April whenever children are outside.
- Appropriate School Council approved school uniform hats for students will be readily available in the uniform store room for purchase.
- Staff will act as role models by also wearing broad brimmed hats (at least 6cm rigid brim) when outside from 1st September to 30th April.
- Children 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.
- Students and staff are permitted 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.
- Staff are encouraged to access the SunSmart UV Alert at sunsmart.com.au to find out daily local sun protection times to assist with the implementation of this policy.
- Children will be actively encouraged to bring and wear a broad-spectrum water resistant sunscreen (SPF30+). Children will be reminded to reapply sunscreen before going outside. Sunscreen reapplication is recommended at least 20 minutes before going outdoors and reapplied every two hours if outdoors.
- Whenever possible, outside activities on hot days will be scheduled before 11:00 am.
- 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.
- A shade audit is conducted regularly to determine the current availability and quality of shade. In consultation with the school council, shade provision is considered in plans for future buildings and grounds
- The availability of shade is considered when planning excursions and all other outdoor activities.
- The school newsletter and school assemblies will be used to highlight and reinforce the sunsmart message to students and the community.
- Sunsmart activities and sun protection will form part of the Health and Physical Education curriculum at all year levels.

Resources

- DEAT [The Compact: Roles and Responsibilities in Victorian government school education](#): Principle 3 (2012)
- DEAT School Policy & Advisory Guide (SPAG) [Sun & UV protection](#) (2011)
- DEAT [OHSMS Implementation Guide](#) (2009)
- DEAT [Building Quality Standards Handbook](#) (BQSH): Section 8.5.5 Shade Areas (Oct 2011)
- DEAT [Guidelines for School Playgrounds](#) –Playground safety management: Section 3.2.5 (2012)
- DEAT [Outdoor activities](#)
- [Victorian Early Years Learning and Development Framework](#) (VEYLDF)
- Education and Training Parliamentary Committee Inquiry into Dress Codes and School Uniforms in Victorian Schools –Government Response
- Safe Work Australia: [Guidance Note for the Protection of Workers from the Ultraviolet Radiation in Sunlight](#) (2008)

- AS 4685.1: 2014 Playground equipment and surfacing – General safety requirements and test methods
- **SunSmart UV Alert:** available as a free SunSmart app, online (sunsmart.com.au or bom.gov.au/weather/uv), in the weather section of newspapers. The sun protection times show when the UV is forecast to be 3 or above.
- **Creating effective shade:** online shade audit tool allows school council to assess whether the current shade provision is adequate. It also helps in development of a list of practical recommendations to improve both built and natural shade. sunsmart.com.au/shading-audit/intro.

Evaluation:

- This policy will be reviewed as part of the school's three-year review cycle or as required by DEAT Victoria and/ or SunSmart, Cancer Council Victoria.

This policy is to be reviewed by School Council in October 2019