



SUNSMART POLICY

PURPOSE

The purpose of this policy is to encourage behaviours at Plenty Parklands 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
- 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 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
- 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. Information about the daily local sun protection times is available via the free SunSmart app, or at sunsmart.com.au or bom.gov.au.

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

Shade

Plenty Parklands 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
- outdoor lesson areas
- popular play areas

- assembly areas

When building works or grounds maintenance is conducted at Plenty Parklands 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 changes to access may be implemented as appropriate.

Environment

Plenty Parklands Primary will put in place strategies to minimise the amount of time students spend in the direct sun during instruction time. These include:

- Organising outdoor activities to be held in areas with shade, whenever possible.
- Scheduling outdoor assemblies/activities early in the day.
- Conducting the swimming program in an indoor pool.
- Conducting Interschool sport in the mornings in terms one and four.

Sun protective uniform/clothing

Plenty Parklands Primary School's school uniform and dress code 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 skorts

From 1 September 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 September to April time period, by parent or student choice.

Plenty Parklands Primary School implements a **NO HAT NO PLAY** rule for students who are not wearing an appropriate sun protect hat. At recess and lunchtime, students without a hat sit outside the library in the shade under the covered way. **NO hat, NO play, NO fun today.**

Request staff and parents act as role models by practising SunSmart behaviour - staff to wear hats whenever they are outside. Staff are asked not to wear string tops or singlets (refer to Staff Dress Code Policy).

Sunglasses

Where practical Plenty Parklands 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.

Sunscreen

Plenty Parklands 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](#). We ask families to model SunSmart behaviour and they are encouraged to apply SPF 30 (or higher) broad-spectrum, water-resistant sunscreen when outside.

While the school does not supply sunscreen sport staff have sunscreen available for self application prior to physical education lessons.

Curriculum

Students at our school are encouraged to make healthy choices, and are supported to understand the benefits and risks of sun exposure. Plenty Parklands Primary School will address sun and UV safety education as part of the Health curriculum at 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.

SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school website, staff and parent meetings, school assemblies, student and teacher activities and at student enrolment/new staff orientation.

The SunSmart policy is reflected in the planning of all outdoor events (i.e. camps, excursions, sporting events).

FURTHER INFORMATION AND RESOURCES

- School Policy Advisory Guide:
 - [Sun and UV Protection Policy](#)
 - [Duty of care](#)
- [SunSmart](#)
- DET Health, Safety & Workcover
- Victorian Early Years Learning and Development Framework (VEYLDF)
- Victorian Curriculum
- 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
- Radiation Protection Standard for Occupational Exposure to Ultraviolet Radiation (2006)
- Safe Work Australia: Guidance Note for the Protection of Workers from the Ultraviolet Radiation in Sunlight

EVALUATION

This policy is to be reviewed each year in line with new legislation, regulations and best practice. The school will review the SunSmart behaviour of students, staff, parents and visitors and make recommendations for improvement.

The school will assess shade provision and usage and make recommendations to the Facilities Committee.

REVIEW CYCLE

This policy was last updated in **November 2019** and is scheduled for review in **November 2020**.

Endorsed by School Council on November 12, 2019