LAKES ENTRANCE PRIMARY SCHOOL
SunSmart Policy

Rationale:

Our SunSmart policy has been developed to ensure that all students and staff attending Lakes Entrance Primary School are protected from skin damage caused by the harmful ultraviolet rays of the sun. It is to be implemented from September to April inclusive.

This policy applies to all school events on and off site.

Purpose

This SunSmart policy provides guidelines to:

• Create health environments and encourage appropriate behaviours to allow some UV exposure for vitamin D and minimise overexposure to reduce skin and eye damage and skin cancer risk.
• 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 whenever UV levels reach 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.
• Support duty of care requirements.
• Support appropriate OHS strategies to minimise UV risk and associated harms for staff and visitors.

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.

Procedures

• Staff and students are encouraged to access the daily local sun protection times at sunsmart.com.au or on the free SunSmart app to assist with the implementation of this policy.
• Students can be enlisted to help monitor UV alerts and report daily sun protection times each day by accessing the SunSmart UV Alert app or the above website.
• A combination of sun protection measures are used for all outdoor activities from September to the end of April and whenever UV levels reach 3 and above.
• From May to August some winter sun exposure is required across the week to help with vitamin D levels. However, if outdoors for extended periods (ie. School sports), the wearing of hats and sunscreen is recommended to avoid over exposure.
• Request staff and parents to act as role models by practicing SunSmart behaviours.

Healthy physical environment

1. Seek shade
• A shade audit is conducted regularly to determine the current availability and quality of shade.
• The school council makes sure there is a sufficient number of shelters and trees providing shade in the school grounds particularly in areas where students congregate e.g. lunch, canteen, outdoor lesson areas and popular play areas.
• The availability of shade is considered when planning all other outdoor activities and excursions.
• In consultation with the school council, shade provision is considered in plans for future buildings and grounds.
• Students are encouraged to use available areas of shade when outside.

References:
• Students who do not have appropriate hats or outdoor clothing are asked to play in the shade or a suitable area protected from the sun.

**Healthy social environment**

2. **Slop on sun protective clothing**
   - 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 elbow length sleeves and longer style dresses and shorts.

3. **Slap on a hat**
   - It is compulsory for all students and staff to wear hats that protect their face, neck and ears, i.e. legionnaire or broad brimmed, whenever they are outside during Term 1 and 4. It is recommended that hats be worn during September and April unless specified compulsory by a parent or guardian.

4. **Slop on sunscreen**
   - Encourage the daily application of sunscreen before school and prior to the lunch break.
   - Students must provide their own SPF 30 or higher broad spectrum, water resistant sunscreen. Sunscreen will be included in the first aid kit for all outdoor activities.
   - Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminder notices, sunscreen monitors, sunscreen buddies).
   - With parental consent, some students are not required to wear sunscreen to help with vitamin D requirements.
   - Students should be able to apply their own sunscreen.

5. **Slide on sunglasses**
   - Where practical students and staff are encouraged 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.

**Learning and skills**

- Programs on skin cancer prevention and vitamin D are included in the curriculum for all year levels.
- SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school homepage, parent meetings, staff meetings, school assemblies, and student and teacher activities and on student enrolment.

**Engaging children, educators, staff and families**

- Staff and families are provided with information on sun protection and vitamin D through family newsletters, noticeboards and the service’s website.
- As part of OHS UV risk controls and role-modelling, when the UV is 3 and above staff, families and visitors:
  - wear a sun protective hat, covering clothing and, if practical, sunglasses when outside
  - apply sunscreen
  - seek shade whenever possible

**Monitoring and review**

- The school council and staff regularly monitor and review the effectiveness of the SunSmart policy (at least once every three years) and revise the policy when required by completing a policy review and membership renewal with SunSmart at sunsmart.com.au.
- SunSmart policy updates and requirements will be made available to staff, families and visitors.

**Legislation and Standards**

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

References:
Relevant documents / links

- DEECD Health, Safety & WorkCover
- Victorian Early Years Learning and Development Framework (VEYLDF)
- Building Quality Standards Handbook (BQSH): Section 8.5.5 Shade Areas (Oct 2011)
- 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

Evaluation:

This policy will be reviewed as part of the school's three-year review cycle.

| Ratified by School Council | Date: 27/10/2015 | Signed: [Signature] |

References: