



Heidelberg Primary School

SUNSMART POLICY

PURPOSE

The purpose of this policy is to encourage behaviours at Heidelberg 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 (generally mid-August to the 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.

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 (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 on the free SunSmart app, or at sunsmart.com.au or bom.gov.au.

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

Shade

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

- seating area where students eat at morning recess
- in the passive play space in the upper playground
- in the shelter shed
- playground area in the lower school
- area behind the cottage in the upper school

When building works or grounds maintenance is conducted at Heidelberg 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

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

- loose, cool, closely-woven fabric
- shirts with a collar
- tops with elbow length or long sleeves
- longer style shorts and skirts

From 1 September to 30 April, (unless the UV levels reach 3 or above) 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 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. Heidelberg Primary School's student uniform hat has an eight centimetre brim and meets these requirements.

Students who are not wearing appropriate protective clothing or a hat will be asked to play in the shade.

Sunscreen

Heidelberg 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.

Heidelberg Primary School has reminder notices in place to remind students to apply sunscreen before going outdoors.

Staff and students who may suffer from allergic reactions from certain types of sunscreen are encouraged to supply their own sunscreen 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. Heidelberg Primary School will address sun and UV safety education as part of Health and Physical Education lessons.

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, class blogs, school assemblies, student and teacher activities and at student enrolment/new staff orientation.

FURTHER INFORMATION AND RESOURCES

- School Policy Advisory Guide:
 - Sun and UV Protection Policy
 - Duty of care
- SunSmart

REVIEW CYCLE

This policy was last updated in July 2019 and is scheduled for review in July 2022.