



PARK ORCHARDS PRIMARY SCHOOL

Policy and Procedures: SunSmart

This template was updated in June 2020 to change all hyperlinks to Department policy to reflect the new Policy and Advisory Library (PAL) hyperlink. No other changes were made from the previous version dated February 2019.

PURPOSE

The purpose of this policy is to encourage behaviours at Park Orchards Primary School (P.O.P.S) 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 – 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 via the free SunSmart app, or at sunsmart.com.au or bom.gov.au.

P.O.P.S has the following measures in place to help reduce the risk of excessive UV sun exposure for staff and students.

Shade

P.O.P.S will provide sufficient options for shelter and trees to provide shade on school grounds, particularly in places such as:

- the canteen
- play equipment areas
- 1/2 play area in front of the Arts Centre

When building works or grounds maintenance is conducted at P.O.P.S 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

P.O.P.S recommends that from 1st September to 1st May, and whenever UV levels reach 3 and above, students come to school wearing sun-protective clothing such as:

- No singlet tops or sleeveless tops
- shirts with a collar and/or high necklines
- tops with long sleeves
- rash vests or t-shirts for outdoor swimming activities.

P.O.P.S school uniform and dress code includes sun-protective clothing, including:

- t-shirts or polo shirts with a collar
- school shorts and skirts.

From **1st September to 1st May**, 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 May 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.

Students are required to wear a school hat or another hat style that protects the face, neck and ears when outdoors, for example broad-brimmed, legionnaire or bucket. Students who are not wearing appropriate protective clothing or a hat **will be** asked to play in the shade or in a suitable area protected from the sun.

Sunscreen

P.O.P.S 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](#).

P.O.P.S has strategies in place to remind students to apply sunscreen before going outdoors posters in classrooms to remind students to reapply before going outside to play.

At P.O.P.S all students have an individual tube of SPF 50 included in their stationery pack so they have access sunscreen during the day. Staff and students who may suffer from allergic reactions from certain types of sunscreen are encouraged to bring their own personal sunscreen to school to use.

Staff and families should role model SunSmart behaviour and are encouraged to apply SPF 30 (or higher) broad-spectrum, water-resistant sunscreen when outside.

Sunglasses

Where practical P.O.P.S 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.

Curriculum

Students at our school are encouraged to make healthy choices, and are supported to understand the benefits and risks of sun exposure. P.O.P.S will address sun and UV safety education as part of swimming safety programs conducted in term 4.

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/intranet, school assemblies and in the classroom.

Families and staff are provided with information, ideas and practical strategies to support UV safety at school and at home. P.O.P.S may provide families and staff with information through the newsletter and school website.

FURTHER INFORMATION AND RESOURCES

- the Department's Policy Advisory Library:
 - [Sun and UV Protection Policy](#)
 - [Duty of care](#)
- [SunSmart](#)

This policy was last updated on

March 2021

and is scheduled for review in

March 2024