

## SUNSMART POLICY



### Help for non-English speakers

If you need help to understand the information in this policy, please contact the School Office.

### PURPOSE

The purpose of this policy is to encourage behaviours at Eastwood 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 – 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 SunSmart widget on the school's website, the free SunSmart app, or at [sunsmart.com.au](http://sunsmart.com.au) or [bom.gov.au](http://bom.gov.au).

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

## Shade

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

- over play equipment
- the sandpit
- outside the kitchen
- the rotunda
- trees throughout the school grounds

When building works or grounds maintenance is conducted at Eastwood 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

Eastwood Primary School's school 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 September 1 to April 30, all students **must** wear a school broad brimmed hat at recess and lunch times and during all outdoor activities such as, but not limited to, sport sessions, excursions, camps and outdoor class activities. Students not wearing an appropriate hat will be directed to play in the rotunda to protect them from the sun.

Staff are encouraged to wear hat styles that protect the face, neck and ears when outdoors, for Eastwood PS activities.

## Sunscreen

Eastwood 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](#).

Eastwood Primary School has strategies in place to remind students to apply sunscreen before going outdoors (e.g. classroom reminder posters and teachers reminding students). Each classroom has a container of sunscreen for student and staff 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.

## Curriculum

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

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

Eastwood Primary School will at times provide families and staff with information regarding sun smart behaviour through newsletters, school assemblies etc.

## COMMUNICATION

This policy will be communicated to our school community in the following ways:

- Available publicly on our school's website
- Included in staff induction processes
- Reminders in our school newsletter
- Hard copy available from the School Office upon request

## FURTHER INFORMATION AND RESOURCES

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

## POLICY REVIEW AND APPROVAL

Policy last reviewed	Tuesday 18 October, 2022
Approved by	School Council
Next scheduled review date	2025