



# SUNSMART POLICY

## PURPOSE

The purpose of this policy is to encourage behaviours at Eastwood Primary School that reflect a sensible approach to being sun smart, ensuring some sun exposure for Vitamin D while minimising the risk of 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 September – April) and allow sun exposure when UV levels are below 3 (generally May – August)
- 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

A balance of sun exposure is important for health. Excessive exposure to the sun can cause health problems including sunburn, dehydration, damage to skin and eyes, and an increased risk of skin cancer.

Too little UV exposure from the sun can lead to low Vitamin D levels. Vitamin D is essential for healthy muscles and bones, and overall health.

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 September - April)
- peaks during school hours

A combination of sun protection measures should be put in place from September to the end of April, and whenever UV levels reach 3 and above.

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 for 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 may be installed if deemed appropriate.

## Sun protective uniform/clothing

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

- broad brimmed hats
- SPF 30+ sport uniforms and sport shirts.

From September 1 to April 30 all students **must** wear a school broad brimmed hat at recess and lunch times and all outdoor activities such as, but not limited to, sport sessions, excursions, camps and outdoor class activities.

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

Students who are not wearing an appropriate hat will be directed to play in the rotunda to protect them from the sun.

## Sunscreen

Eastwood Primary School encourages all staff and students to apply SPF 30+ (or higher) broad-spectrum, water-resistant sunscreen daily at a minimum from September 1 to the end of April 30.

Eastwood Primary School has strategies in place to remind students to apply sunscreen before going outdoors i.e. classroom reminder posters and teachers reminding students.

Staff and students who may suffer from allergic reactions from certain types of sunscreen are encouraged to contact the school office to implement a management plan 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 from September 1 to the end of April or whenever UV levels reach 3 and above.



## 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, UV safety and Vitamin D 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 and Vitamin D education 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.

## FURTHER INFORMATION AND RESOURCES

- School Policy Advisory Guide:
  - [Sun and UV Protection Policy](#)
  - [Duty of Care](#)
- [SunSmart](#)
- Occupational Health and Safety Act 2004
- Education and Training Reform Act 2006
  - Schedule 5 Reg 1 (1.2)

## REVIEW CYCLE

This policy was last updated in November 2018 and is scheduled for review on 2021.