



Purpose of this policy

This SunSmart policy provides guidelines to:

- 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

- To assist with the implementation of this policy, staff and students are encouraged to access the daily local sun protection times via the [SunSmart widget](#) on the school's website, the free [SunSmart app](#), or at sunsmart.com.au.
- A combination of sun protection measures are used for all outdoor activities from August to the end of April and whenever UV levels reach 3 and above.

The sun protection times are a forecast from the Bureau of Meteorology for the time of day UV levels are forecast to reach 3 or higher. At these levels, sun protection is recommended for all skin types. In Victoria, UV levels regularly reach 3 or higher from mid-August to the end of April.

Healthy physical environment

1. Seek shade

- A shade audit is conducted regularly to determine the current availability and quality of shade.
- Tyers Primary School School Council ensures 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.
- Students who do not have appropriate hats or outdoor clothing are asked to play in the shade or a suitable sheltered area protected from the sun.

Healthy social environment

2. Slip on sun protective clothing

- Sun protective clothing is included in our school uniform. School clothing is cool, loose fitting and made of densely woven fabric. It includes shirts with collars and elbow length sleeves, longer style dresses and shorts and rash vests or t-shirts for outdoor swimming.

3. Slap on a hat

- All students and staff are required to wear hats that protect their face, neck and ears, i.e. legionnaire, broad brimmed or bucket hats, whenever they are outside. Baseball or peak caps and visors are not considered a suitable alternative.

4. Slop on sunscreen

- Students must provide their own SPF 30 or higher broad spectrum, water resistant sunscreen.
- Sunscreen is applied at least 20 minutes (where possible) before going outdoors and reapplied every two hours if outdoors.
- Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminder notices, sunscreen monitors, sunscreen buddies).
- With parental consent, students with naturally very dark brown or black skin are not required to wear sunscreen to help with vitamin D requirements.

5. Slide on sunglasses [if practical]

- 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, signage, school assemblies, student and teacher activities and on student enrolment (Tyers Primary School will provide all new enrolments with a wide brimmed hat upon enrolment).

Engaging children, educators, staff and families

- Staff and families are provided with information on sun protection and vitamin D through school newsletters.
- As part of OHS UV risk controls and role-modelling, when the UV is 3 and above staff, families and visitors are encouraged to;
 - wear a sun protective hat, covering clothing and, if practical, sunglasses when outside. (Tyers Primary School will support staff by providing up to \$100 per 1.0 eft staffing position to reimburse staff for costs associated with sun protection).
 - apply sunscreen.
 - seek shade whenever possible.

Review

The Tyers Primary School School Council and staff will regularly monitor and review the effectiveness of the SunSmart policy (at least once every three years) and revise the policy as required by completing a policy review and membership renewal with SunSmart (Cancer Council of Victoria).

SunSmart policy updates and requirements will be made available to staff, families and visitors.

This policy will be reviewed tri-annually with the next review to be completed by October 2021 or earlier as required.