



# ■ SUNSMART ■

## POLICY

Policy Implementation Date	Review Date	Responsible for Review
June 2019	June 2022	Policy subcommittee

### PURPOSE

The purpose of this policy is to encourage behaviours at Dookie 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 free SunSmart app, or at [sunsmart.com.au](http://sunsmart.com.au) or [bom.gov.au](http://bom.gov.au).

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

### **Shade**

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

- where students congregate for lunch
- outdoor lesson areas
- playground areas
- assembly areas
- sporting grounds

### **Sun protective uniform/clothing**

- Children will be required to wear School Council approved school uniform, which will include shirts and skirts with collars and longer styled shorts and skirts.
- From mid-August (exact date to be set by the school annually) to 30 April, 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 in terms 1 and 4 or as directed by the Department.
- Appropriate School Council approved school uniform hats for students will be readily available in the uniform store room for purchase.
- Children without the correct hats will be restricted to play in the designated shaded areas. Children who habitually don't bring a hat will be restricted from playing.
- Children are required to wear rash vests or t-shirts for outdoor swimming activities.

### **Sunscreen**

Children will be actively encouraged to wear a broad-spectrum water resistant sunscreen (SPF30+). Sunscreen will generally be applied by students themselves. Teachers may apply sunscreen to very young or disabled students if necessary, and if written parental approval is provided.

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.

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.

Whenever possible, outside activities on hot days will be scheduled before 11:00 am.

The school newsletter and school assemblies will be used to highlight and reinforce the Sunsmart message.

Sunsmart activities and sun protection will form part of the Health and Physical Education curriculum at all year levels.

## FURTHER INFORMATION AND RESOURCES

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

### **Evaluation:**

- This policy will be reviewed as part of the school's review cycle.

This policy was last ratified by School Council in....

June 2019