

## SUNSMART POLICY



### **Purpose:**

This Sun Smart policy has been developed to:

- Create healthy environments and encourage appropriate behaviours to allow some UV exposure for vitamin D and minimize overexposure to reduce skin and eye damage and skin cancer risk.
- Encourage behaviour change through education and role modelling.
- Protect staff and students from harm caused by overexposure to ultraviolet (UV) radiation.

### **Background**

A balance of UV exposure is important for health. Too much of the sun's UV can cause sunburn, skin and eye damage, and skin cancer. Sun exposure in the first 10 years of life is a major factor in determining future skin cancer risk. 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.

A combination of sun protection measures are needed for all outdoor activities from September to the end of April and whenever UV levels reach 3 and above - the level at which damage to skin and eyes can occur.

### **Definitions:**

**Sun Protection:** For the purposes of this policy focusses on the creation of environments and behaviours that will prevent over exposure to UV radiation.

**UV Radiation:** Ultraviolet (UV) radiation is a type of energy produced by the sun and some artificial sources, such as solariums. Too much UV radiation can cause skin and eye damage, sunburn, tanning and skin cancer. Some UV exposure is recommended for vitamin D.

### **Implementation:**

As part of the Whole School Approach to Sun Protection at Kananook Primary School, we will enforce the wearing of appropriate uniform as outlined in the KPS Uniform Policy and promote healthy levels of exposure to UV radiation by following the guidelines published by the Victorian Department of Education and Training.

### **Procedures and Responsibilities:**

#### **Staff and School Leadership Team**

It is the responsibility of school leadership and staff to promote the key message that students must follow sun smart procedures including wearing the Kananook Primary School bucket hat, applying broad spectrum 30+ sunscreen and seeking shade in the yard from the beginning of September until the end of April – whenever children are outside (e.g. recess, lunch, sport, excursions). School hats are to remain at school at all times.

If UV levels are 3 and above, students will wear their school hat when outside. Staff recognise that they are role models and will wear a hat during yard duty and when on excursions or camps when UV levels are 3 or above, or between the months of September to April.

- wear sun-protective hats, clothing and sunglasses for all outdoor activities and duties
- apply SPF 30 or higher broad-spectrum, water-resistant sunscreen
- seek shade whenever possible

Sunscreen will be provided in staff toilets, in each classroom and at school reception. Staff will encourage students to apply sunscreen before lunch and whenever outside for excursions or camps during the months of September to April or when the UV level is predicted to be 3 or above.

Kananook Primary School will launder hats at school's expense at the end of Term 1, the end of April, the end of Term 3 and the end of December.

### **Parents and carers**

Parents will ensure that their children wear a school hat (Kananook royal blue bucket hat) as part of the school uniform from the beginning of September until the end of April. Parents are encouraged to assist their child to apply SPF 30+ broad-spectrum, water resistant sunscreen before school.

Between the months of May to August, parents will be encouraged to check the SunSmart widget on the school website. If the UV level is 3 or above, students will be encouraged to wear their school hat, apply sunscreen and seek shade while playing outside.

Optional: Permission is given for students to wear close-fitting, wrap-around Sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2,3 or 4) and that cover as much of the eye area as possible.

### **Students**

Will wear their Kananook Primary School bucket hat whenever outside, during the months of September to the end of April.

Students will apply sunscreen during these months, before school and before lunch.

### **Relevant Legislation:**

- Occupational Health and Safety Act (2004)
- DET School Policy and Advisory Guide: Sun and UV Protection
- DET Guidelines for School Playgrounds –Playground safety management: Section 3.2.5 (2012)

- Victorian Government OHS Planning documents
- Safe Work Australia: Guidance Note – Sun protection for outdoor workers (2016)

## **Healthy Physical Environment**

Kananook Primary School has a variety of shaded areas including covered walkways, a shaded prep playground and trees shading the basketball courts. In addition, we utilise two donated local council bus shelters in our yard. New school buildings have been designed with shade in mind and comprise a large shaded deck area.

Sun protective clothing items such as the Kananook Primary School bucket hat are part of our school uniform.

Staff ensure that outdoor activities are held in areas with plenty of shade, wherever possible.

Kananook Primary School plans to increase the number of shelters and trees to provide adequate shade in the school grounds before next policy review date (2021).

## **Healthy Culture**

Diversity and cultural practices are considered when implementing this sun protection policy and sun protection practices.

Students are engaged to help monitor UV alerts and to report daily on the sun protection times using the SunSmart widget on KPS Website.

Our School regularly reinforces Sun Smart behaviour in a positive way through assemblies, website information, parent meetings, student and teacher activities

Our school website provide links on the website to the UV alert widget and Sunsmart app.

Our school encourages students continue to abide by the Uniform Policy guidelines during special events, casual dress days, excursions, camps by wearing Sunscreen, hats and clothing that covers the shoulders and midriffs.

## **Student Teaching and Learning**

Age-appropriate sun protection education is provided about:

- Sun protective behaviours
- UV radiation
- Health risks associated with UV exposure

We incorporate programs on skin cancer and prevention and benefits of Vitamin D into the curriculum at all class levels.

We assist students to be responsible for their own sun protection.

## **Supported Staff**

Staff have access to professional development and teaching resources about sun protection education including Better Health Channel Vitamin D, Sun Smart – Sun Protection for Children, Sun Smart Resources for Learning. Sun protection information is provided to educators and staff, including information about: - Sun protective behaviours - UV radiation - Health risks associated with UV exposure - Early detection of skin cancer

Staff are supported to follow sun protective behaviours.

Sun protection information and policy requirements are included in staff orientation/induction.

Staff are reminded to consider the Sun Protection Policy in the planning of all outdoor events (e.g. Camps, excursions, sporting events).

## **Families and Community Partnerships**

Sun Protection information is provided to families on the Kananook Primary School Website, including:

- SunSmart UV Widget
- Kananook Sun Protection Policy
- Kananook Uniform Policy
- SunSmart APP

Our school works in partnership with Peninsula Health using the Achievement Program framework to develop a whole of school approach to Sun Protection.

## **Consultation:**

This policy has been shared with the whole school community via the School Council for feedback and input.

Prepared by Martene Matthews

Approved By School Council

Approval Authority (Ratified Date)

(Signature & Date)

Most recent review of this policy: May 2019

Next review: 2021

Previous version date: May 2016

Responsible for Review Principal

References **DET**