

SUNSMART POLICY

PURPOSE

The purpose of this policy is to encourage behaviours at Mount Waverley North 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 or bom.gov.au.

Policy Approved by:	Education Committee – School Council
Effective Date:	June 2021
Review by Date:	November 2024

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

Shade

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

- outdoor lesson areas
- popular play areas
- Emergency Assembly areas

When building works or grounds maintenance is conducted at Mount Waverley North 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

Mount Waverley North Primary School recommends that from mid-August to end of April, and whenever UV levels reach 3 and above, students come to school wearing sun-protective clothing such as:

- loose, cool, closely-woven fabric
- shirts with a collar and/or high necklines
- tops with elbow length or long sleeves
- longer style shorts and skirts
- broad-brimmed legionnaire and bucket hats
- sunglasses
- rash vests or t-shirts for outdoor swimming activities.

Mount Waverley North Primary School's school uniform and dress code includes sun-protective clothing.

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 outside of the August to April time period, by parent or student choice.

Students are required to wear a school hat or another hat style that protects the face, neck and ears when outdoors, for example broad-brimmed, legionnaire or bucket. Students who are not wearing appropriate protective clothing or a hat may be asked to play in the shade or in a suitable area protected from the sun.

Policy Approved by:	Education Committee – School Council
Effective Date:	June 2021
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Sunscreen

Mount Waverley North 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.

Mount Waverley North Primary School has strategies in place to remind students to apply sunscreen before going outdoors.

Staff and families should role model SunSmart behaviour. Students are encouraged to bring sunscreen to school from mid-August to 30 April.

Sunglasses

Mount Waverley North Primary School encourages all staff and students, when exposed to UV radiation, to wear sunglasses that:

- Are rated Category 3 of the Australian Standards for UV Protection
- Meet the Australian Standard for eye protection (AS 1067) (not fashion spectacles or those labelled as toys)
- Have a wraparound frame, designed to minimise unfiltered side light entering the eye
- Have lenses with UV 400 protection
- Have lens coatings to block reflected light from entering the eye; and
- Have polarised lenses.

Curriculum

Students at our school are encouraged to make healthy choices, and are supported to understand the benefits and risks of sun exposure. Mount Waverley North Primary School will address sun and UV safety education as part of as part of Health lessons for all year levels.

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

SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school website/intranet, staff and parent meetings, school assemblies, student and teacher activities and at student enrolment/new staff orientation.

Families and staff are provided with information, ideas and practical strategies to support UV safety at school and at home. Mount Waverley North Primary School may provide families and staff with information through the newsletter, COMPASS, the school website or at school assemblies.

EVALUATION

This policy will be reviewed in line with the school's Evaluation of Policies Timetable.

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