



# SUNSMART POLICY

## PURPOSE

The purpose of this policy is to encourage behaviours at Langwarrin Park Primary to minimise the risk of skin and eye damage and skin cancer.

This policy provides guidelines to:

- support staff and students encouraged 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 damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer in later life.

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 and 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). 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.**

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

School council approved this policy on [Aug 2020].

## Shade

Langwarrin Park 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 or quiet play
- the canteen
- outdoor lesson areas
- popular play areas
- assembly areas

The availability of shade is considered when planning all outdoor activities.

Students are encouraged to use available areas of shade when outside.

When building works or grounds maintenance is conducted at Langwarrin Park 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

Langwarrin Park Primary School's school uniform and dress code includes sun-protective clothing. Langwarrin Park Primary School recommends that mid-August until the 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 hat
- rash vests or t-shirts for outdoor swimming activities.

~~From the start of term 4 to the end of term 1 \*\*\*\*\* An alternative option may to commence hat wearing from 1 September and whenever UV are 3 or higher, this would allow for more flexibility in August but ensure hats are definitely being worn when UV is 3 or higher. \*\*\*\*\* From 1 September until May, No hat means NO PLAY~~ ~~the end of April and~~ or whenever UV levels reach 3 and above, all students and **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 named time period, by parent or student choice.

Staff and students are encouraged to wear hat styles that protect the face, neck and ears when outdoors, for example broad-brimmed, legionnaire or bucket.

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 will be asked to play in the shade or in a suitable area protected from the sun. Peak caps and visors are not considered a suitable alternative.

## Sunscreen

LPPS 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](#).

School council approved this policy on [Aug 2020].

LPPS has strategies in place to remind students to apply sunscreen before going outdoors. Staff and students are encouraged to bring their own sunscreen to apply to avoid allergic reactions from certain types of sunscreen. Sunscreen is provided in first aid bags for student use in increased sun exposure activities such as camps, excursions and sporting activities/events.

Staff and families should role model SunSmart behaviour and are encouraged to apply SPF 30 (or higher) broad-spectrum, water-resistant sunscreen when outside.

### **Sunglasses**

Where practical LPPS encourages students and staff engaged in outdoor activities 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.

### **Curriculum**

Students at our school are encouraged to make healthy choices, and are supported to understand the benefits and risks of sun exposure. LPPS will address sun and UV safety education as part of our everyday curriculum—in 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. Resources can be sourced at <https://www.sunsmart.com.au/communities/early-childhood-schools/resources-schools-early-childhood/primary-school-resources>

### **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.

## **FURTHER INFORMATION AND RESOURCES**

- School Policy Advisory Guide:
  - [Sun and UV Protection Policy](#)
  - [Duty of care](#)
- [SunSmart](#)
- [Achievement Program](#)'s SunSmart policy

## **REVIEW CYCLE**

This policy was last updated on **Aug 2020** and is scheduled for review on **Aug 2023**

School council approved this policy on **[Aug 2020]**.