



SUNSMART POLICY



Help for non-English speakers

If you need help to understand the information in this policy please contact the front office on 9775 7533

PURPOSE

The purpose of this policy is to support behaviours at Langwarrin Park Primary to minimise the risk of health problems from sun overexposure, including 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 on and off-site, including camps and excursions. It is applicable to all students and staff.

POLICY

Over 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
- *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

Information about the daily local sun protection times is available via the SunSmart widget on the

school's website/intranet, the free SunSmart app, or at sunsmart.com.au or bom.gov.au.

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

Shade

Langwarrin Park Primary School provides 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
- *sporting grounds/pools

Students are encouraged to use available areas of shade when outdoors during peak sun protection times, particularly if they do not have appropriate hats or outdoor clothing.

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 or bucket hat
- rash vests or t-shirts for outdoor swimming activities.

Langwarrin Park's uniform or dress code applies on and off-site unless otherwise advised. When students are not required to wear school uniform (such as school camps, free dress day), Langwarrin Park will ensure steps are taken to encourage students to wear sun-protective clothing whenever UV levels reach 3 and above.

Hats

From September until the start of May, no hat means no play, 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 SPF50 (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 (or more frequently if sweating or swimming)

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. Sunscreen that is supplied by the school is stored below 30 degrees and the expiry date monitored.

Staff and families should role model SunSmart behaviour and are encouraged to apply SPF 50 (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 effects of sun exposure. LPPS will address sun and UV safety education as part of our everyday curriculum, in all year levels.

Staff Role-Modelling and OHS

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. UV radiation exposure is considered as part of our school's risk management and assessment for all outdoor events and activities, i.e. UV radiation protection strategies are included in school camp activities, excursions, sports days and interschool sports events.

Families and Visitors

Families and visitors participating in and attending outdoor school activities are encouraged to:

- wear a sun-protective hat, covering clothing and, if practical, sunglasses;
- apply SPF50 or SPF50+ broad-spectrum, water-resistant sunscreen; and
- seek shade whenever possible when outdoors.

Community engagement

Families, students and staff are provided with information, ideas and practical strategies to support UV safety at school and at home.

COMMUNICATION

This policy will be communicated to our school community in the following ways:

- Available publicly on our school's website (or insert other online parent/carer/student communication method)
- Included in staff induction processes
- Included in transition and enrolment packs
- Discussed at parent information nights/sessions
- Reminders in our school newsletter
- Discussed in student forums
- Hard copy available from school administration upon request.

FURTHER INFORMATION AND RESOURCES

- the Department's Policy and Advisory Library:
 - [Sun and UV Protection Policy](#)
 - [Heat Health](#)
 - [Outdoor Activities and Working Outdoors](#)
 - [Risk Management – Schools](#)
 - [Shade Sails](#)
 - [Student Dress Code](#)
- [SunSmart](#) and Cancer Council Victoria.
 - [Primary schools](#) free education resources, sample policies and information about the free [SunSmart Schools Program](#).
 - [Sunscreen reactions](#).
- The [Healthy Schools Achievement Program](#)'s Sun Protection health priority area [schools will need to register for the free program to gain access to these resources]

POLICY REVIEW AND APPROVAL

Policy last reviewed	Sept 2024
Consultation	Education and Policy Subcommittee
Approved by	School Council
Next scheduled review date	Sept 2026