



Herne Hill Primary School

Policy Title: SUNSMART POLICY

Date Approved: August 2020

Review Date: August 2023

PURPOSE

The purpose of this policy is to encourage behaviours at Herne Hill 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 September to the 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 or bom.gov.au.

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

Healthy Physical Environment

1. *Seek shade*

- A shade audit is conducted regularly to determine the current availability and quality of shade.
- The school council makes sure there is a sufficient number of shelters and trees providing shade in the school grounds particularly in areas where students congregate e.g. lunch, canteen, outdoor lesson areas and popular play areas.
- The availability of shade is considered when planning all other outdoor activities and excursions.
- In consultation with the school council, shade provision is considered in plans for future buildings and grounds.
- Students are encouraged to use available areas of shade when outside.
- Students who do not have appropriate hats or outdoor clothing are asked to play in the shade or a suitable area protected from the sun.

Healthy Social Environment

2. *Slip on sun protective clothing*

- Sun protective clothing is included in our school uniform / dress code and sports uniform. School clothing is cool, loose fitting and made of densely woven fabric. It includes shirts with collars and elbow length sleeves and longer style dresses, shorts and skorts.

3. *Slap on a hat*

In Terms 1 & 4 all students and staff are required to wear hats that protect their face, neck and ears, i.e. broad brimmed, legionnaire, or bucket hats, whenever they are outside. Baseball or peak caps and visors are not considered a suitable alternative.

4. *Slop on sunscreen*

- Students must provide their own SPF 30 or higher broad spectrum, water resistant sunscreen.
- Strategies are in place to remind students to apply sunscreen before going outdoors
- Sunscreen is applied at least 20 minutes (where possible) before going outdoors and is reapplied every two hours
- Students are welcome to access sunscreen provide in each classroom. Staff and students who may suffer from allergic reactions from certain types of sunscreen are encouraged to contact the school office to implement a management plan to reduce the risk of an allergic reaction at school.
- Staff and families should role model SunSmart behaviour and are encouraged to apply SPF 30 (or higher) broad-spectrum, water-resistant sunscreen when outside.

5. *Slide on sunglasses [if practical]*

- Where practical students and staff are encouraged 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.

Learning and Skills

- 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. (Ref: <https://www.sunsmart.com.au/> <https://www.cancervic.org.au/preventing-cancer/be-sunsmart>)
- Programs on skin cancer prevention and vitamin D are included in the curriculum for all year levels.

Engaging Children, Educators, Staff and Families

- Staff and families are provided with information on sun protection and vitamin D through family newsletters, noticeboards and the service's website.
- 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.

As part of OHS UV risk controls and role-modelling, when the UV is 3 and above staff, families and visitors:

- wear a sun protective hat, covering clothing and, if practical, sunglasses when outside
- apply sunscreen
- seek shade whenever possible