

Marlborough Primary School

School Policies Manual



SUNSMART POLICY

PURPOSE

The purpose of this policy is to encourage behaviours at Marlborough Primary School that reflect a healthy UV exposure balance, ensuring some sun exposure for vitamin D while minimising the risk of 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 - April) and allow sun exposure when UV levels are below 3 (generally May – August)
- 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 and Out of School Hours Care. It is applicable to all students, staff and visitors.

The sun protection measures listed are used for all outdoor activities during the daily local sun protection times.

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. In Victoria, UV levels regularly reach 3 or higher from mid-August to the end of April.

POLICY

A balance of sun exposure is important for health. The sun's UV radiation is both the main cause of skin cancer and the best natural source for vitamin D.

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 September - April)
- peaks during school hours

School council approved this policy on October 23rd 2018.

Excessive exposure to the sun can cause health problems including sunburn, dehydration, damage to skin and eyes, and an increased risk of skin cancer. Too little UV exposure from the sun can lead to low Vitamin D levels.

Vitamin D is essential for healthy muscles and bones, and overall health. Vitamin D levels change naturally with the seasons. In summer, most people make enough vitamin D because UV levels are high and we spend more time outdoors. During these months, most Victorians need just a few minutes of sun exposure mid-morning or mid-afternoon for vitamin D levels. In winter people with fair to olive skin need about two to three hours of midday sun exposure to the face, arms and hands (or equivalent area of skin) spread over the week. It is presumed that in the course of a week students will receive the recommended sun exposure

The body can only absorb a limited amount of vitamin D at a time. Spending extra time in the sun won't increase vitamin D levels, but will increase your risk of skin cancer. For more information on getting enough vitamin D please visit <http://www.sunsmart.com.au/uv-sun-protection/how-much-sun-is-enough>.

A combination of sun protection measures should be put in place from Mid August to the end of April, and whenever UV levels reach 3 and above.

As part of OHS UV risk controls, staff, families and visitors should role model SunSmart behaviour, including:

- Wearing sun protective hats, covering clothing and, if practical, sunglasses
- applying SPF 30+ (or higher) broad-spectrum, water-resistant sunscreen, and
- seeking shade whenever possible.

Marlborough Primary School **has** the following measures in place to help reduce the risk of excessive UV sun exposure for staff and students. The sun protection measures listed are used for all outdoor activities during the daily local sun protection times (typically from mid-August to the end of April).

Shade

Marlborough Primary School will provide sufficient options for shelter and trees which shade school grounds, particularly in places such as:

- where students congregate for lunch
- the canteen
- outdoor lesson areas
- popular play areas
- assembly areas

When building works or grounds maintenance is conducted at Marlborough 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

Marlborough Primary School's school uniform and dress code includes sun protective clothing as follows:

- loose, cool, closely-woven fabric

School council approved this policy on October 23rd 2018.

- shirts with a collar and/or high necklines
- tops with the majority of the upper arm covered or long sleeves
- longer style shorts and skirts
- rash vests or t-shirts for outdoor swimming activities.

When outside, staff and students are required to wear hat styles that protect the face, neck and ears when outdoors, for example broad-brimmed, legionnaire or bucket. Students who may not be wearing appropriate protective clothing or a hat will be asked to play under the 'Assembly Area' in the middle courtyard.

Sunscreen

Marlborough Primary School encourages all staff and students to apply SPF 30+ (or higher) broad-spectrum, water-resistant sunscreen. Students will be encouraged to apply their own sunscreen at least 20 minutes before going outdoors, and reapply every two hours if necessary. Students will be reminded 20 minutes prior to P.E. classes or Sporting activities to apply sun screen, and sun screen will be available for student use at P.E. classes and sporting events.

Marlborough Primary School has strategies in place to remind students to apply sunscreen before going outdoors, for example - sunscreen posters on exit doors, staff reminding children during the day and reminders at assembly and in the newsletters.

Marlborough Primary School students are encouraged to bring their own sunscreen (particularly those with sensitivities or allergies) to use throughout the day or are welcome to use the sunscreen available in each classroom.

It is the parents/carers/guardians responsibility to educate their children on how to apply sunscreen correctly.

Curriculum

Students at our school are encouraged to make healthy choices, and are supported to understand the benefits and risks of sun exposure. Marlborough Primary School will address and promote sun, UV safety and Vitamin D education as part of the whole school curriculum.

Staff are encouraged to access resources, tools, and professional learning to enhance their knowledge and capacity to promote sun smart behaviour and Vitamin D education across the school community.

Engaging students, staff and families

Families and staff are provided with information, ideas and practical strategies to support UV safety and Vitamin D education at school and at home. Marlborough Primary School may provide families and staff with information through newsletters, noticeboards, school website, and school assemblies.

FURTHER INFORMATION AND RESOURCES

- School Policy Advisory Guide:
 - [Sun and UV Protection Policy](#)
 - [Duty of care](#)

School council approved this policy on October 23rd 2018.

- SunSmart
- Achievement Program's SunSmart policy

REVIEW CYCLE

This policy was last updated on August 2018 and is scheduled for review in August 2021.