

**SUNSMART POLICY**

**Help for non-English speakers**

If you need help to understand the information in this policy please contact the Principal.

**RATIONALE**

Too much of the sun’s UV can cause sunburn, skin and eye damage and skin cancer. UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer in later life. Australia has one of the highest rates of skin cancer in the world, with two in three Australians developing some form of skin cancer before age 70.

**Purpose**

The purpose of this policy is to encourage behaviours at Marlborough 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](http://www.sunsmart.com.au/uv-sun-protection/uv/uv-widget) on the school’s website, the free [SunSmart app](http://www.sunsmart.com.au/tools/interactive-tools/free-sunsmart-app), or at [sunsmart.com.au](http://www.sunsmart.com.au) or bom.gov.au.

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

**SHADE**

Marlborough Primary Schoolwill provide sufficient options for shelter and trees to provide shade on school grounds, particularly in places such as:

* where students congregate for lunch
* outdoor lesson areas
* popular play areas
* assembly areas
* sporting grounds/pools.

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, including:

* 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
* rash vests or t-shirts for outdoor swimming activities.

**PROCEDURES**

* To assist with the implementation of this policy, staff and students are encouraged to access the daily local sun protection times via the [SunSmart widget](http://www.sunsmart.com.au/uv-sun-protection/uv/uv-widget) on the school’s website, the free [SunSmart app](http://www.sunsmart.com.au/tools/interactive-tools/free-sunsmart-app), or at [sunsmart.com.au](http://www.sunsmart.com.au) .
* 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.*

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.

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 may be asked to play in the shade or in a suitable area protected from the sun.

**SUNSCREEN**

Marlborough 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](https://www.tga.gov.au/book/4-labelling-and-advertising).

 At Marlborough Primary Schoolstudents are welcome to attend the first aid room to access sunscreen. Staff and students who may suffer from allergic reactions from certain types of sunscreen are encouraged to contact the principal 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.

**SUNGLASSES**

Where practical Marlborough Primary School 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.

**LEARNING**

* Programs on sun protection are included in the curriculum for all year levels.
* Students are encouraged to be involved in initiatives to promote and model sun protection measures to the whole school community.
* 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.

**CURRICULUM**

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.

**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.

**Further Information and Resources**

* School Policy Advisory Guide:
	+ [Sun and UV Protection Policy](http://www.education.vic.gov.au/school/principals/spag/health/Pages/sun.aspx)
	+ [Duty of care](http://www.education.vic.gov.au/school/principals/spag/safety/pages/dutyofcare.aspx)
* [SunSmart](http://www.sunsmart.com.au/)

**LEGISLATION AND STANDARDS**

* [Occupational Health and Safety Act 2004](http://www.legislation.vic.gov.au/Domino/Web_Notes/LDMS/PubStatbook.nsf/edfb620cf7503d1aca256da4001b08af/750E0D9E0B2B387FCA256F71001FA7BE/%24FILE/04-107A.pdf)
* [Education and Training Reform Act 2006](http://www.education.vic.gov.au/about/department/legislation/Pages/act2006.aspx): Sch.5 Reg. 1 (1.2)

**Review Cycle**

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| Policy last reviewed  | February 2022 |
| Approved by  | Principal |
| Next scheduled review date  | February 2025  |