

# PRINCES HILL PRIMARY SCHOOL SUNSMART POLICY



## RATIONALE

Our SunSmart Policy has been developed to encourage all students and staff attending this school to protect themselves from damage caused by the harmful ultraviolet rays of the sun.

## PURPOSE

The purpose of this policy is to encourage behaviours at Princes Hill Primary School (PHPS) 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 free SunSmart app, or at [sunsmart.com.au](http://sunsmart.com.au) or [bom.gov.au](http://bom.gov.au).

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

## **Shade**

PHPS will 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
- play areas
- assembly areas

When building works or grounds maintenance is conducted at PHPS 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.

On days of extreme heat, Physical Education classes are conducted indoors. Also, on these days, supervision is available in the learning neighbourhoods at lunch and recess times.

## **Sun protective uniform/clothing**

PHPS recommends that from mid-August to 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
- rash vests or t-shirts for outdoor swimming activities.

Students are required to wear a hat 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**

PHPS 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. Students can access sunscreen in learning neighbourhoods. Staff and students who may suffer from allergic reactions from certain types of sunscreen are encouraged to provide their own sunscreen.

## **Curriculum**

Students at our school are encouraged to make healthy choices, and are supported to understand the benefits and risks of sun exposure. PHPS will address sun and UV safety education as part of the Health and Physical Education program.

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.

SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school website, staff and parent meetings, school assemblies, student and teacher activities and at school enrolment/new staff orientation.

## FURTHER INFORMATION AND RESOURCES

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

## REVIEW CYCLE AND EVALUATION

This policy was last updated in 2019 and is scheduled for review in 2023.