



## SUNSMART POLICY

### PURPOSE

The purpose of this policy is to encourage behaviours at Heatherhill 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 (from the beginning of the school year until April 30<sup>th</sup>, then again from September 1<sup>st</sup> until the end of the school year)
- 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 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). Our SunSmart Policy is considered when planning all outdoor events. Information about the daily local sun protection times is available via the free SunSmart app, at [sunsmart.com.au](http://sunsmart.com.au) or [bom.gov.au](http://bom.gov.au).

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

## SHADE

The School Council makes sure there is a sufficient number of shelters and trees providing shade in the school grounds. In consultation with school council, shade provision is considered in plans for future buildings and grounds.

Heatherhill Primary School 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
- popular play areas

When building works or grounds maintenance is conducted at Heatherhill 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.

The availability of shade is considered when planning all excursions and outdoor activities.

During days of extreme heat, students will spend play and lunch breaks inside.

## SUN PROTECTIVE UNIFORM/CLOTHING

Heatherhill 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
- SunSmart bucket hats and wide-brimmed hats

From the beginning of the school year until April 30<sup>th</sup>, then again from September 1<sup>st</sup> until the end of the school year, 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 this time period, by parent or student choice.

Students are expected to wear a style of hat that protects the face, neck and ears when outdoors, for example broad-brimmed 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

Heatherhill 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](#). Children are reminded to apply sunscreen before going outdoors.

At Heatherhill Primary School students are welcome to attend the sick bay to access sunscreen. Staff and students who may suffer from allergic reactions from certain types of sunscreen are encouraged to contact **Shannon Di Carlo at 9546 7562** 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, Heatherhill 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. Parents are encouraged to supply their children with sunglasses that meet Australian Standard 1067 (Sunglasses: Category 2, 3 or 4).

## CURRICULUM

Students at our school are encouraged to make healthy choices and are supported to understand the benefits and risks of sun exposure. Heatherhill Primary School will address sun and UV safety education as part of the curriculum for all year levels.

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 visitors are encouraged to use a combination of sun protection measures (sun protective clothing, hats, sunglasses, sunscreen and shade) when participating in and attending outdoor school activities.

Staff act as role models by wearing sun protective hats, clothing and sunglasses when outside; applying SPF50+ broad-spectrum, water-resistant sunscreen; and seeking shade whenever possible.

## FURTHER INFORMATION AND RESOURCES

- School Policy Advisory Guide:
  - [Sun and UV Protection Policy](#)
  - [Duty of care](#)
- [SunSmart](#)
- [Achievement Program](#)'s SunSmart policy
- PAL [Procurement — Schools Policy](#)

## POLICY REVIEW AND APPROVAL

Policy last reviewed	February 2024
Approved by	Principal
Next scheduled review date	February 2028