MILLWARRA PRIMARY SCHOOL

SUNSMART

POLICY

Rationale

The purpose of this policy is to create school environments that support sun protection behaviours to minimise the risk of health problems from sun overexposure, including skin cancer.

Too much exposure to ultraviolet (UV) radiation from the sun causes sunburn, skin and eye damage, and increases the risk of skin cancer. Sun exposure in the first 15 years of life contributes significantly to the lifetime risk of skin cancer. Australia has the highest rate of skin cancer in the world.

Our sun protection policy is followed from mid August until the end of April or whenever the UV Index level reaches 3 and above.

Objectives

The goals of the SunSmart Policy are to:
Increase student and community awareness about skin cancer and sun protection

Encourage the entire school community to use a combination of sun protection measures whenever UV Index levels reach 3 and above

Work towards a safe school environment that provides shade for students, staff and the school community

Assist students to be responsible for their own sun protection

Ensure that families and new staff are informed of the school's SunSmart policy

Our Sun Protection Strategies

All children and staff use a combination of sun protection measures whenever the UV Index reaches 3 and above to ensure they are well protected from the sun. Particular care is taken between 10 am and 2 pm (11 am and 3 pm daylight saving time) when UV Index levels reach their peak during the day.

Our SunSmart policy is considered when planning all outdoor events e.g. assemblies, camps, excursions and sporting events. Where possible, we have outdoor activities or events earlier in the morning or later in the afternoon, or we try using indoor venues.

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 on the school's website, the free SunSmart app, or at 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. In Victoria, UV levels regularly reach 3 or higher from mid-August to the end of April.*

- References: DET Policy & Advisory Sun and UV Protection 2024

1. 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.

In consultation with the school council, shade provision is considered in plans for future buildings and grounds.

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

Children are encouraged to use available areas of shade when outside.

Children who do not have appropriate hats or outdoor clothing are asked to play in the shade or a suitable area protected from the sun.

2. Clothing

Sun protective clothing is included in our school uniform / dress code and sports uniform. School clothing is made of close weave fabric and includes shirts with collars and rash vests or t-shirts for outdoor swimming.

3. Hats

Children and staff wear hats that protect their face, neck and ears, i.e. legionnaire, broad brimmed or bucket hats, whenever they are outside, when the UV Index level reaches 3 and above.

(Please note: Baseball caps do not offer enough protection and are therefore not acceptable.)

4. Sunglasses (Suggested)

Children 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.

5. Sunscreen

SPF 50+ broad spectrum, water resistant sunscreen is available for staff and children's use.

Staff remind children to apply sunscreen before going outdoors.

Role Modelling

As part of OH&S UV risk controls and role modelling, staff will undertake all reasonable steps to minimise the risks to both sraff and student health and safety arising form exposure to UV rays.

- wear sun protective hats, clothing and sunglasses when outside
- apply SPF 50+ broad spectrum, water resistant sunscreen
- seek shade whenever possible

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

UV radiation exposure is considered as part of a school's risk management and assessment for all outdoor events and activities on and off-site e.g. UV radiation protection strategies (hats, clothing, shade, sunscreen) are included in school camp activities, excursions, sports days and interschool sports events.

Curriculum

Sessions on skin cancer prevention and Vitamin D are included in the curriculum for all grade levels.

- References: DET Policy & Advisory Sun and UV Protection 2024

Sunsmart Schools Program – Slip! Slop! Slap! Seek! Slide!

SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school homepage, face-book, parent meetings, staff meetings, school assemblies, student and teacher activities and on student enrolment.

Review

The school council and staff regularly monitor and review the effectiveness of the sun protection policy (at least once every three years) and revise the policy when required.

Policy to be reviewed June 2029

This policy was last ratified by School Council in....	June 2025

- References: DET Policy & Advisory Sun and UV Protection 2024