

SUNSMART POLICY

PURPOSE

The purpose of this policy is to encourage behaviours at Newport Lakes 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 free SunSmart app, or at sunsmart.com.au or bom.gov.au.

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

Shade

Newport Lakes Primary School will provide sufficient options for shelter and trees to provide shade on school grounds, particularly in places such as:

- where students congregate whilst eating
- outdoor lesson areas
- popular play areas
- assembly areas
- sporting grounds



When building works or grounds maintenance is conducted at Newport Lakes 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

Newport Lakes Primary School's school uniform and dress code includes sun-protective clothing, including:

- hats (broad-brimmed/bucket or legionnaires)
- 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.

During Term 1 and Term 4, all students **must** wear a sun protective hat that shades the face, neck and ears for all outdoor activities as we enforce a 'no hat, no play' policy. Hats may also be worn for all outdoor activities outside of Term 1 and Term 4, 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 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.

On days involving alternate dress other than school uniform eg. casual clothes day, big day out, beach program etc, students are required to wear a suitable sun hat and clothing that covers neck, shoulders and upper arms.

Sunscreen

Newport Lakes Primary School encourages all staff and students to apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen daily as required. The school will remind students to apply their own sunscreen prior to snack or lunch during Terms 1 and 4, and prior to outdoor activities where students will be exposed to sun for long periods of time eg. walk-a-thon, athletics day, school camp activities. It is expected students will arrive at school with sunscreen already applied.

At Newport Lakes Primary School each student is required to use their own SPF 30+ broad spectrum sunscreen provided by parents and kept in the students school bag. Students are also able to access sunscreen in their classroom if they do not have any in their bag.

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 Newport Lakes 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.



Curriculum

Students at our school are encouraged to make healthy choices, and are supported to understand the benefits and risks of sun exposure. Newport Lakes Primary School will address sun and UV safety education as part of our Health curriculum.

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.

FURTHER INFORMATION AND RESOURCES

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

REVIEW CYCLE

This policy was last updated in October 2019 and is scheduled for review on October 2021 or when DET guidelines change.

