



Sunsmart Policy

Background

A balance of ultraviolet radiation (UV) exposure is important for health. Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. Exposure to the sun's UV during childhood and adolescence is associated with an increased risk of skin cancer in later life. Too little UV from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health.

Werribee Primary School has developed a SunSmart Policy to ensure that all students and staff attending this school are protected from skin damage caused by the harmful ultraviolet rays of the sun. It is to be implemented throughout the year with sun protection measures used from the beginning of September to the end of April.

To help maintain winter vitamin D levels, sun protection measures are not used from May until August unless the UV Index level reaches 3 and above.

Purpose

To provide all students, parents and staff attending Werribee Primary School with SunSmart strategies, that will protect them from sun damage caused by the harmful ultra-violet rays of the sun and provide safe UV exposure for vitamin D.

Implementation

As part of general SunSmart strategies, our school will address the following behaviours, curriculum and environment matters listed below. This policy applies to all school events on and off site.

Behaviour

- All staff and students are required to wear hats that protect their face, neck and ears (legionnaire, broad-brimmed or bucket hat), whenever they are outside. Peak caps and visors are not considered a suitable alternative. Children are required to wear an approved Werribee Primary School hat as sold at Rushfords Schoolwear.
- 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 longer sleeves, longer style dresses and shorts and rash vests or t-shirts for outdoor swimming.
- Werribee Primary School will provide SPF 30+ (or higher) broad-spectrum, water-resistant sunscreen for staff and student use.
- Ensure students are encouraged and supported to develop independent sun protection skills to help them be responsible for their own sun protection.
- Students who do not have appropriate hats or outdoor clothing are asked to play in the shade or a suitable area protected from the sun.
- With parental consent, children with naturally very dark skin (skin that rarely or never burns) may not be required to wear sunscreen as the melanin in their skin can often tolerate higher levels of UV radiation without burning.
- Encourage children to use available areas of shade for outdoor activities.
- Teachers/staff will be required and parents encouraged to model SunSmart behaviours.
- Students will be encouraged to regularly drink water during warmer weather.

Curriculum

- Programs promoting SunSmart behaviour, vitamin D and skin cancer prevention will be incorporated into the curriculum at all year levels.
- The school will regularly reinforce SunSmart behaviour in a positive way through the school website, school assemblies, enrolments and student and teacher activities.
- Ensure the SunSmart policy is reflected in the planning of all outdoor events (eg. camps, excursions, sporting events).



Environment

- The School will where possible schedule outdoor activities to minimise time in direct sun. Particular care will be taken between 10:00 am and after 3:00 pm from September to April.
- Outdoor activities will be arranged to be held in areas with plenty of shade whenever possible.
- The Facilities Committee will work towards maintaining and increasing the number of adequate shaded areas so as to provide adequate shade in the school grounds.

Evaluation

The school council and staff regularly monitor and review the effectiveness of the SunSmart policy (at least once every three years) and revise the policy when required by completing a policy review and membership renewal with SunSmart at <http://www.sunsmart.com.au/>

Relevant Documents / Links

1. [DET School Policy & Advisory Guide: Sun & UV protection](#)
2. [Building Quality Standards Handbook \(BQSH\)](#): Section 4.7.7 Shelter (May 2016)
3. [Occupational Health and Safety Act 2004](#) Sections 21 and 23: Main Duties of Employers Section 25: Duties of Employees
4. www.worksafe.vic.gov.au > Laws and Regulations > Acts and Regulations
5. [Safe Work Australia: Guidance Note for the Protection of Workers from the Ultraviolet Radiation in Sunlight](#)

This policy encompasses all aspects of Werribee Primary School including Outside School Hours Care

This policy was ratified at School Council Meeting on: 15 November 2016

Next review Due: November 2019