



SUNSMART POLICY

PURPOSE

The purpose of this policy is to encourage behaviours at Chilwell 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-September to 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-September – 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-September 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.

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

Shade

Chilwell 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
- assembly areas
- sporting grounds/pools

When building works or grounds maintenance is conducted at Chilwell 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

Chilwell Primary School recommends that from mid-September 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

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

- broad brimmed hats.
- Closed toe footwear, not thongs or sandals

All students **must** wear a sun protective hat that shades the face, neck, and ears for all outdoor activities in term 1 and 4 (generally Sept to April). Hats may also be worn for all outdoor activities outside of the September to April time period 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 or another hat style that protects the face, neck and ears when outdoors, for example broad-brimmed / legionnaire. Students who are not wearing appropriate protective clothing or a hat will be asked to sit in the shade or in a suitable area protected from the sun.

Sunscreen

Chilwell 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.

Chilwell Primary School has strategies in place to remind students to apply sunscreen before going outdoors [for example i.e. reminder notices, sunscreen monitors, sunscreen buddies].

Staff and families should role model SunSmart behaviour and are encouraged to apply SPF 30 (or higher) broad-spectrum, water-resistant sunscreen when outside.

All students will be provided with their own sunscreen to be kept in their school bags for personal use throughout the school year.

Curriculum

Students at our school are encouraged to make healthy choices and are supported to understand the benefits and risks of sun exposure. Chilwell Primary School will address sun and UV safety education as part of classroom and Physical Education lessons

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, staff and parent meetings, school assemblies, student, and teacher activities

Staff role-modelling and OHS

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.

UV radiation exposure is considered as part of our school's risk management and assessment for all outdoor events and activities, i.e. UV radiation protection strategies are included in school camp activities, excursions, sports days, and interschool sports events.



Families and visitors

Families and visitors participating in and attending outdoor school activities are encouraged to:

- wear a sun-protective hat, covering clothing and, if practical, sunglasses;
- apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen; and
- seek shade whenever possible when outdoors.

Community engagement

Sun protection 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, students, and staff are provided with information, ideas, and practical strategies to support UV safety at school and at home.

FURTHER INFORMATION AND RESOURCES

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

POLICY REVIEW AND APPROVAL

Policy last reviewed	16/10/2023
Approved by	School Council
Next scheduled review date	October 2027