



# GRAHAMVALE PRIMARY SCHOOL

## SUNSMART POLICY

### PURPOSE

The purpose of this policy is to encourage behaviours at Grahamvale 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 off campus activities such as 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](http://sunsmart.com.au) or [bom.gov.au](http://bom.gov.au).

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



### Shade

Grahamvale 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

When building works or grounds maintenance is conducted at Grahamvale 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

Grahamvale 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
- long sleeve rash vests or t-shirts to be worn for outdoor swimming activities.

At recess, lunch times and when participating in learning activities from September 1<sup>st</sup> to April 30<sup>th</sup>, and whenever in UV levels reach 3 and above, all students **must** wear a hat when outside.

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 style hat.

Students are required to wear a school hat. 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

Grahamvale 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 if necessary.

Grahamvale Primary School has strategies in place to remind students to apply sunscreen before going outdoors.

At Grahamvale Primary School students are welcome to the First Aid room to access sunscreen or students may bring their own sunscreen for reapplying throughout the day. Students are encouraged to apply sunscreen when they are outside for P.E. Staff and students who may suffer from allergic reactions from certain types of sunscreen are encouraged to contact the First Aid Officer to implement a management plan to reduce the risk of an allergic reaction at school.



## Grahamvale Primary School Sunsmart Policy

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

### Curriculum

Students at our school are encouraged to make healthy choices, and are supported to understand the benefits and risks of sun exposure.

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.

Families and staff are provided with information, ideas and practical strategies to support UV safety and Vitamin D education at school and at home. Grahamvale Primary School may provide families and staff with information through the newsletters, noticeboards, school website and school assemblies.

### FURTHER INFORMATION AND RESOURCES

- the Department's Policy Advisory Library:
  - [Sun and UV Protection Policy](#)
  - [Duty of care](#)
  - [SunSmart](#)

### POLICY REVIEW AND APPROVAL

Policy last reviewed	November 2021
Approved by	School Council
Next scheduled review date	November 2024