

SUNSMART POLICY

PURPOSE

The purpose of this policy is to encourage behaviours at Woodside Primary School that reflect a healthy UV exposure balance, ensuring some sun exposure for vitamin D while minimising the risk of 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 September – April) and allow sun exposure when UV levels are below 3 (generally May – August)
- 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

A balance of sun exposure is important for health. Excessive exposure to the sun can cause health problems including sunburn, dehydration, damage to skin and eyes, and an increased risk of skin cancer.

Too little UV exposure from the sun can lead to low Vitamin D levels. Vitamin D is essential for healthy muscles and bones, and overall health.

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 September - April)
- peaks during school hours

A combination of sun protection measures should be put in place from September to the end of April, and whenever UV levels reach 3 and above.

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

Woodside Primary School



Shade

Woodside Primary School will provide for 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

When building works or grounds maintenance is conducted at Woodside 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

Woodside Primary School recommends that from September to April, and whenever UV levels reach 3 and above, students wear sun-protective clothing such as:

- loose, cool, closely-woven fabric
- shirts with a collar and/or high necklines
- rash vests or t-shirts for outdoor swimming activities.

At recess and lunch times from September to April, and whenever UV levels reach 3 and above, all students **must** wear a hat when playing outside.

Students will wear the school uniform bucket style hat, which the school will supply. Students who may not be wearing the school hat will be told to play in the shade or in a suitable area protected from the sun.

Sunscreen

On outdoor Excursions and Camps the school will supply sunscreen which children must apply.

FURTHER INFORMATION AND RESOURCES

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