

SUNSMART POLICY

PURPOSE

The purpose of this policy is to encourage behaviours at Carnegie 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 skin cancer. UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer in later life.

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 SunSmart widget on the school's website, the free SunSmart app, or at sunsmart.com.au or bom.gov.au. The sun protection times are a forecast from the Bureau of Meteorology for the time of day UV levels are forecast to reach 3 or higher. At these levels, sun protection is recommended for all skin types.

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

Shade

Carnegie 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 eating (inside or in full shade)
- outdoor lesson areas

- popular play areas such as our sandpits, chess set and playgrounds
- indoor play for all students on days of extreme heat and UV

The availability of shade is considered when planning all outdoor activities. Students are encouraged to use available areas of shade when outside.

When building works or grounds maintenance is conducted at Carnegie 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

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

- loose, cool, closely-woven fabric
- polo shirts with a collar and/or high necklines
- tops with elbow length or long sleeves
- personal rash vests or t-shirts for outdoor swimming activities.

From mid-August (exact date to be set by the school annually) to 30 April, all staff and students **must** wear a sun protective hat as described in the Student Dress Code policy for all outdoor activities. Hats may also be worn for all outdoor activities outside this time period. Broad-brimmed school hats are supplied to all staff when they commence working at CPS. Staff also wear sun protective clothing, as described above, on days they know they will be outside for yard duty or teaching time.

Students who are not wearing appropriate protective clothing or a hat will be asked to play in the shade or in a suitable area protected from the sun. Peak caps and visors are not considered a suitable alternative and are not part of the school dress code.

Sunscreen

Carnegie Primary School encourages all staff and students to apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen daily from mid-August to the end of April and whenever UV levels reach 3 and above. Sunscreen should be applied at least 20 minutes before going outdoors, and reapplied every two hours or more frequently if sweating or swimming, according to [manufacturer's instructions](#).

Carnegie Primary School has strategies in place to remind students to apply sunscreen before going outdoors i.e. reminder notices in classrooms.

At Carnegie Primary School students and staff are required to supply their own sunscreen each day. Students should keep sunscreen in their school bags and only use their own sunscreen. P.E. staff also have a supply of sunscreen available to all during PE lessons. Staff and students who may suffer from allergic reactions from certain types of sunscreen are encouraged to always carry non allergenic sunscreen in their bags to reduce the risk of an allergic reaction at school.

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

Students and staff engaged in outdoor activities may choose 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. Programs on sun protection are included in the curriculum for all year levels.

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. Resources can be sourced at <https://www.sunsmart.com.au/communities/early-childhood-schools/resources-schools-early-childhood/primary-school-resources>

Engaging students, staff and families

SunSmart behaviour is reinforced and promoted to the whole school community through newsletters, staff meetings, school assemblies, student and teacher activities and at student enrolment/new staff orientation.

FURTHER INFORMATION AND RESOURCES

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

REVIEW CYCLE

This policy was last updated in October 2020 and is scheduled for review in October 2024.