
SUNSMART POLICY

Essex Heights Primary School will create healthy environments and encourage appropriate behaviours to allow some UV exposure for vitamin D and minimise overexposure to reduce skin and eye damage and skin cancer risk. We encourage behaviour change through education and role modelling. This policy is intended to protect staff and students from harm caused by overexposure to ultraviolet (UV) radiation. This policy applies to all events on and off site.

1.0 GUIDELINES

The SunSmart policy provides guidelines to:

- Ensure all students and staff have some UV exposure for vitamin D.
- Ensure all students and staff are well protected from too much UV exposure by using a combination of sun protection measures during the daily local sun protection times (issued whenever UV levels are 3 and above), typically from September to the end of April in Victoria.
- Ensure the outdoor environment is sun safe and provides shade for students and staff.
- Ensure students are encouraged and supported to develop independent sun protection skills to help them be responsible for their own sun protection.
- Support duty of care requirements.
- Support appropriate OHS strategies to minimise UV risk and associated harms for staff and visitors.

2.0 PROCEDURES

- 2.1 The school council will ensure there are sufficient shelters and trees providing shade in outdoor areas particularly in high-use areas e.g. where students have lunch, canteen, assemblies, sports, outdoor lessons and popular play spaces.
- 2.2 The availability of shade is considered when planning all other outdoor activities.
- 2.3 Students are encouraged to use available areas of shade when outside.
- 2.4 Students who do not have appropriate hats or outdoor clothing are required to play in the shade or a suitable area protected from the sun.
- 2.5 In consultation with the school council, shade provision will be considered in plans for future buildings and grounds.
- 2.6 A shade audit is conducted regularly to determine the current availability and quality of shade.
- 2.7 All students are required to wear hats that protect their face, neck and ears (legionnaire, broad-brimmed or bucket hat). Peak caps and visors are not considered a suitable alternative.

- 2.8 Students must provide their own SPF30 (or higher) broad-spectrum, water-resistant sunscreen.
- 2.9 Sunscreen is applied at least 20 minutes (where possible) before going outdoors and reapplied every two hours.
- 2.10 Where practical students are encouraged 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.
- 2.11 At the Principal's discretion, modified playtimes may be arranged when there are extreme temperatures which could affect student wellbeing.
- 2.12 Programs on sun protection and vitamin D are included in the curriculum.
- 2.13 SunSmart 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 on student enrolment / new staff orientation.
- 2.14 As part of OHS UV risk controls and role-modelling, staff, families and visitors:
- wear a sun protective hat, covering clothing and, if practical, sunglasses
 - apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen
 - seek shade whenever possible.

3.0 EVALUATION

This policy will be reviewed as part of the school's three-year review cycle.

Relevant documents/links

- DEAT School Policy & Advisory Guide (SPAG) [Sun & UV protection](#) (2011)
- DEAT [Building Quality Standards Handbook](#) (BQSH): Section 8.5.5 Shade Areas (Oct 2011)
- [Victorian Early Years Learning and Development Framework](#) (VEYLDF)

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Principal

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