



# Kialla Central Primary School - 1366

## SUNSMART POLICY

*(Ratified by School Council in 22<sup>nd</sup> February 2021 to be reviewed every 3 years)*

### **PURPOSE**

The purpose of this policy is to encourage behaviours at Kialla Central Primary School that 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 to the end of 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; and
- 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 can cause health problems including sunburn, dehydration, 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 September - 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](http://sunsmart.com.au) or [bom.gov.au](http://bom.gov.au). T

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

### **SHADE**

Kialla Central 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;
- assembly areas; and
- popular play areas.

When building works or grounds maintenance is conducted at Kialla Central 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**

Kialla Central Primary School recommends that from mid-August to the end of 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;
- longer style shorts and skorts; and
- rash vests or t-shirts for outdoor swimming activities.

Kialla Central 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; and
- longer style shorts and skorts

From mid-August until the end of April and whenever UV levels reach 3 and above, all students and staff **must** wear a hat whenever 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. Peak caps are not considered a suitable alternative.

Students are required to wear a school hat that protects the face, neck and ears when outdoors, for example broad-brimmed, legionnaire or bucket. Students who may not be wearing appropriate protective clothing or a hat will be asked to play in the shade or in a suitable area protected from the sun.

### **SUNSCREEN**

Kialla Central Primary School encourages all staff and students to apply SPF 30 (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 re-applied every two hours or more frequently if sweating or swimming, according to the manufacturer's instructions.

Kialla Central Primary School has strategies in place to apply sunscreen before going outdoor such as teacher reminders, peer reminders and access to sunscreen.

At Kialla Central Primary School students are welcome to access sunscreen. Staff and students who may suffer from allergic reactions from certain types of sunscreen are encouraged to bring their own sunscreen to school to reduce the risk of an allergic reaction at school.

### **SUNGLASSES**

Where practical Kialla Central Primary School encourages students and staff engaged in outdoor activities 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. Kialla Central Primary School will address sun, UV safety and Vitamin D as part of Health and Physical Education for all year levels and/or through the Life Education Van visits.

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>

## **FURTHER INFORMATION AND RESOURCES**

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