

SUNSMART POLICY

Pascoe Vale Primary School

Purpose:

The purpose of this policy is to encourage behaviours at Pascoe Vale Primary School (PVPS) 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 from mid-August to the end of April (when Victoria's UV levels are typically above 3) and allow sun exposure from May to August (when UV levels are generally below 3)
- 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 mid-August to the end of April, when UV levels in Victoria are typically 3 and above.

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

Shade:

PVPS will provide adequate shade structures for students as practicable and affordable; particularly over high density play areas such as sand pits and play equipment.

When building works or grounds maintenance is conducted at PVPS 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:

PVPS's school uniform and dress code contains sun-protective clothing, including:

- loose, cool, closely-woven fabric
- shirts with a collar and/or high necklines
- tops with elbow length or long sleeves

At recess and lunch times from mid-August to the end of April, when UV levels in Victoria typically reach 3 and above, all students **must** wear a hat when playing outside.

- Children will be required to wear a Cancer Council approved hat (our school hats have an 8 cm rigid brim) from mid-August until 30th April whenever they are outside.
- Teachers and volunteers assisting outdoors to be encouraged to wear a Cancer Council approved hat.

Recommended Hats (www.sunsmart.com.au)

- Hats should shade the face, neck, ears and head.
- These styles provide excellent protection from the sun: broad brimmed hat and legionnaire hats.
 - Broad-brimmed hats with a brim of at least 7.5 cm
 - Bucket or surfie style hats with a brim of at least 6 cm

Students who may not be 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:

PVPS encourages all staff and students to apply SPF 30+ (or higher) broad-spectrum, water-resistant sunscreen daily at a minimum from mid-August to the end of April, whenever UV levels in Victoria are typically 3 and above. Sunscreen should be applied at least 20 minutes before going outdoors, and reapplied every two hours if necessary. Provision of sunscreen for children will be the responsibility of parents/guardians, however SPF 50+ will be available at school if required.

Staff and families should role model SunSmart behaviour and are encouraged to apply SPF 30+ (or higher) broad-spectrum, water-resistant sunscreen when outside from mid-August to the end of April.

Curriculum:

Students at our school are encouraged to make healthy choices, and are supported to understand the benefits and risks of sun exposure. PVPS will address sun, UV safety and Vitamin D education as part of Health and Physical Education curriculum at all year levels.

Staff are encouraged to access resources, tools, and professional learning to enhance their knowledge and capacity to promote sun smart behaviour and Vitamin D education across the school community.

Engaging students, staff and families:

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

Further Information and Resources:

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

Evaluation:

- The school council and staff will monitor and review the effectiveness of the SunSmart policy and revise the policy when required (at least once every three years) by completing a policy review and membership renewal with SunSmart at sunsmart.com.au.
- SunSmart policy updates and requirements will be made available to staff, families and visitors.

Review Cycle:

This policy was ratified by School Council on the 13/02/2019

This policy will be reviewed as part of the school's three-year review cycle. The next review is 2021.