



Quarry Hill Primary School

Website: www.quarryhillps.vic.edu.au
Email: quarry.hill.ps@edumail.vic.gov.au

Phone: 03 5442 3537
Fax: 03 5442 7590

SunSmart Policy

This policy applies to all school events on and off site.

Rationale

A healthy balance between too much and too little ultraviolet (UV) radiation from the sun is important for health.

Too much UV from the sun can cause sunburn, skin damage, eye damage and skin cancer. Australia has one of the highest rates of skin cancer in the world. Two in three Australians will develop some form of skin cancer before they reach the age of 70. Overexposure to UV during childhood and adolescence is known to be a major cause of skin cancer.

Too little UV from the sun can lead to vitamin D deficiency. Vitamin D regulates calcium levels in the blood. It is also necessary for the development and maintenance of healthy bones, muscles and teeth.

To ensure a healthy balance between too much and too little UV is maintained, sun protection is used from the beginning of September until the end of April.

From May until August, sun protection is not used however staff will encourage students to wear hats during this time, particularly at extended outdoor activities and hot/sunny days.

Hats are not compulsory during this timeframe.

Aims

The goals of the SunSmart Policy are to:

- Increase student and community awareness about skin cancer and sun protection.
- Encourage the entire school community to use a combination of sun protection measures
- Work towards a safe school environment that provides shade for children, staff and the school community.
- Assist children to be responsible for their own sun protection.
- Ensure that families and new staff are informed of the school's SunSmart policy.
- Ensure that all children and staff maintain a healthy balance between too little and too much ultraviolet (UV) radiation from the sun.

Implementation

To assist with the implementation of this policy, staff and students are encouraged to access the daily local sun protection times via the SunSmart widget on the school's website, the free [SunSmart app](#), or at sunsmart.com.au or myuv.com.au.

- The sun protection measures listed are used for all outdoor activities from mid-August to the end of April..
- **All children and staff use a combination of sun protection measures whenever UV levels are 3 or higher.** Particular care is taken between 10 am and 2pm (11 am and 3 pm daylight saving time) when UV Index levels reach their peak during the day.
- Sun protection measures may be used from May until August at extended outdoor activities and hot/sunny days. Check UV rating on the school website.
- Our SunSmart policy is considered when planning all outdoor events e.g. assemblies, camps, excursions and sporting events. Where possible, we have outdoor activities or events earlier in the morning or later in the afternoon, or we try using indoor venues.

Healthy physical environment

1. *Seek shade*

- The school council makes sure 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.
- The availability of shade is considered when planning all other outdoor activities.
- Students are encouraged to use available areas of shade when outside.
- Students who do not have appropriate hats or outdoor clothing are asked to play in the shade or a suitable area protected from the sun.
- In consultation with the school council, shade provision is considered in plans for future buildings and grounds.
- A shade assessment is conducted regularly to determine the current availability and quality of shade.

Healthy social environment

2. *Slip on sun protective clothing*

- Sun protective clothing is included in our school uniform / dress code and sports uniform. School clothing is made of close weave fabric and includes shirts with collars and longer sleeves.

3. *Slap on a hat*

- Children and staff are required to wear hats that protect their face, neck and ears, i.e. broad brimmed whenever they are outside. (Please note: Baseball caps are not permitted at Quarry Hill Primary School.)

3. *Slop on sunscreen*

- Students must provide their own SPF30 (or higher) broad-spectrum, water-resistant sunscreen. The school supplies SPF 30 (or higher) broad-spectrum, water-resistant sunscreen for staff and student's use.
- Sunscreen is applied at least 20 minutes (where possible) before going outdoors and reapplied every two hours or more frequently if sweating or swimming.
- Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminder notices, sunscreen monitors, sunscreen buddies).

4. *Slide on sunglasses [if practical]*

- 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.

Learning and skills

- Programs on sun protection are included in the curriculum for all year levels.
- SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school homepage, parent meetings, staff meetings, school assemblies, student and teacher activities and on student enrolment.
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Engaging children, educators, staff and families

- 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 at student enrolment/new staff orientation.
- 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 sunscreen; and
 - seek shade whenever possible.

Review

The school council and staff regularly monitor and review the effectiveness of the SunSmart policy (at least once every three years) and revise the policy when required.

Links:

- DET School Policy & Advisory Guide (SPAG) [Sun & UV protection](#) (2016)
- DET [The Compact: Roles and Responsibilities in Victorian government school education](#): Principle 3 (2012)
- DET [OHSMS Implementation Guide](#) (2009)
- DET [Building Quality Standards Handbook](#) (BQSH): Section 8.5.5 Shade Areas
- DET [Guidelines for School Playgrounds](#) –Playground safety management: Section 3.2.5 (2012)
- DET [Outdoor activities](#)
- [My Time, Our Place: Framework for School Age Care in Australia](#) (2011)
- Victorian Institute of Teaching (VIT) [The Victorian Teaching Profession Code of Conduct](#) - Principle 3.2
- [Australian Professional Standards for Teachers](#) (APST) – Standard 4.4 and 7.2
- Education and Training Parliamentary Committee Inquiry into [Dress Codes and School Uniforms in Victorian Schools – Final Report](#)
- ARPANSA [Radiation Protection Standard for Occupational Exposure to Ultraviolet Radiation](#) (2006)
- Safe Work Australia: [Guidance Note – Sun protection for outdoor workers](#) (2016)
- AS 4685.1: 2014 Playground equipment and surfacing – General safety requirements and test methods

Relevant resources

Animations, PDF posters, online learning modules, interactive games, curriculum resources and interactive whiteboard lessons are all available from <http://www.sunsmart.com.au/communities/early-childhood-primary-schools/resources-primary-early-childhood>