

## SUNSMART POLICY

### **Purpose**

The purpose of this policy is to encourage behaviours at Mt Martha 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 an increased risk of skin cancer.

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](http://sunsmart.com.au) or [bom.gov.au](http://bom.gov.au).

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

### **Shade**

Mount Martha Primary School will provide sufficient options for shelter and trees to provide shade on our school grounds. When building works or grounds maintenance is conducted at Mount Martha 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**

Mount Martha 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
- tops with elbow length or long sleeves
- longer style shorts and skirts

From 1 September to 30 April, all students must wear an approved school uniform sun protective hat. Students are required to wear a school hat that protects the face, neck, and ears when outdoors, for example broad-brimmed, legionnaire in a suitable area protected from the sun. Students not wearing a hat will be sent to shaded area such as (under roof near canteen) during recess and lunchtime. Staff also wear hat styles that protect the face, neck and ears when outdoors, for example broad-brimmed, legionnaire or bucket.

### **Sunscreen**

Mount Martha Primary School encourages all staff and students to apply SPF30 (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 reapplied every two hours (or according to manufacturer's instructions). Staff and families should role model SunSmart behaviour and are encouraged to apply SPF 30 (or higher) broad-spectrum, water-resistant sunscreen when outside.

### **Curriculum**

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. Students at our school are encouraged to make healthy choices and are supported to understand the benefits and risks of sun exposure.

### **Engaging students, staff and families**

SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school assemblies, student and teacher activities and in the school yard.

## **COMMUNICATION**

This policy will be communicated to our school community in the following ways:

- Available publicly on our school's website
- Included in staff induction processes and staff manual
- Included in transition and enrolment packs
- Discussed at parent information nights
- Reminders in our school newsletter
- Discussed in school assemblies

## **POLICY REVIEW AND APPROVAL**

Policy last reviewed	September 2022
Approved by	School Council 8 <sup>th</sup> September 2022
Next scheduled review date	September 2025