

# MONTPELLIER PRIMARY SCHOOL

## SUN PROTECTION POLICY



### Help for non-English speakers

If you need help to understand this policy, please contact the Language Loop: Phone 03 9280 1955 for interpreters or call our school office on (03) 5243 2521.

## RATIONALE

SunSmart is an initiative of Cancer Council Victoria. Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer in later life. Australia has one of the highest rates of skin cancer in the world, with two in three Australians developing some form of skin cancer before age 70.

Sun protection is needed whenever UV index levels reach three and above. In Victoria average UV index levels can be three and above from the middle of August to the end of April. During these months particular care should be taken during the middle of the day between 10am – 3pm, when UV index levels reach their peak.

Too little UV from the sun can lead to low vitamin D levels. Vitamin D regulates calcium levels in the blood. It is also necessary for the development and maintenance of healthy bones, muscles and teeth. From May to August in Victoria, average UV index levels are below three so sun protection isn't usually needed during these months.

## AIMS

The aims of the SunSmart Policy are to:

- Ensure that all children and staff are protected from over exposure to UV radiation
- Assist children to be responsible for their own sun protection

## IMPLEMENTATION

Children and staff use a combination of sun protection measures whenever UV Index levels reach 3 and above. Particular care is taken between 10am and 3pm when UV Index levels reach their peak during the day.

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.

- 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
- The sun protection measures listed are used for all outdoor activities during the daily local sun protection times. The sun protection times are a forecast from the Bureau of Meteorology for the time of day UV levels are forecast to reach 3 or higher. In Victoria, UV levels regularly reach 3 or higher from mid-August to the end of April.
- Encourage the entire school community to use a combination of sun protection measures whenever UV Index levels reach 3 and above.
- Work towards a safe school environment that provides shade for children, staff and the school community at appropriate times.
- Ensure that families and new staff are informed of the school's SunSmart policy.
- SunSmart principles within daily activities at Montpellier Primary School will continue to be fostered.
- Broad brimmed hats will be required to be worn for all outdoor sessions.
- Children without appropriate hats will be required to stay in the designated shaded area during recess and lunch breaks.
- Shaded areas will be utilised for appropriate outdoor activities.

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- During Physical Education and Sport, children who do not have a hat must sit in the shade and are not allowed to participate.
- Staff must wear broad brimmed hats whilst carrying out their duties in the yard.
- Children will be encouraged to use appropriate SPF30 (or higher) broad-spectrum, water-resistant sunscreen brought from home.
- Teaching and Educational Support Staff are not permitted to apply sunscreen to students.
- Class programs and incidental teaching will ensure that children are taught SunSmart strategies appropriate to their age and year level.
- Promotion of SunSmart materials will be displayed throughout the school.
- Parents and the school community will be kept aware of the importance of being SunSmart through school newsletters and other distributed materials.
- Planning of excursions, camps and sporting events will take into account SunSmart Policy.
- Schedule outdoor activities, where appropriate and possible, outside the 10.00am to 2.00pm high risk times, 11.00am to 3.00pm daylight saving time.
- Education relating to developing an awareness of the dangers of exposure to UV rays and sunburn will continue to form a part of the Health and Physical Education curriculum at all year levels.
- Responsibility for the protection of students from excessive sun exposure will continue to be shared between parents, students and the school.

The following measures/controls are to be implemented whenever UV levels are three and above.

### 1. Shade

The school council regularly reviews the adequacy of sufficient number of shelters and trees providing shade in the school grounds particularly in areas where children congregate e.g. lunch, canteen, outdoor lesson areas and popular play areas.

The availability of shade is considered when planning excursions and all outdoor activities.

Children are encouraged to use available areas of shade when outside.

Children who do not have appropriate hats or outdoor clothing are asked to play in a designated shaded area.

### 2. Clothing

Sun protective clothing is included in our school uniform, dress code and sports uniform e.g. wide brimmed hats, collared shirts and rash vests or t-shirts for outdoor swimming and sunglasses (labelled AS 1067).

### 3. Hats

Children and staff are required to wear hats that protect their face, neck and ears, i.e. broad brimmed hats whenever they are outside. Caps and visors are not considered a suitable alternative.

### 4. Sunscreen

Staff and students are encouraged to use SPF 30+ broad spectrum, water resistant sunscreen. Sunscreen should be applied at least 20 minutes before going outdoors and reapplied every two hours if outdoors. Children are encouraged to bring their own sunscreen to apply for daily school hours. Sunscreen will be provided in First Aid Bags for sporting, excursions and camps. Children are reminded to apply sunscreen before going outdoors.

### 5. Role modeling

Staff act as role models by:

- wearing sun protective hats, clothing and sunglasses when outside
- applying SPF 30+ broad spectrum, water resistant sunscreen
- seeking shade whenever possible.

Families and visitors are encouraged to use a combination of sun protection measures (sun protective clothing and hats, sunglasses and sunscreen) when participating in, and attending outdoor school activities.

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- UV radiation exposure is considered as part of a school's risk management and assessment for all outdoor events and activities on and off-site e.g. UV radiation protection strategies (hats, clothing, shade, sunscreen) are included in school camp activities, excursions, sports days and interschool sports events.

### RESOURCES

- SunSmart resources for school  
<https://www.sunsmart.com.au/communities/early-childhood-schools/resources-schools-early-childhood/primary-school-resources>
- <https://www2.education.vic.gov.au/pal/sun-protection/policy>

### COMMUNICATION

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

- Available publicly on school website
- Hard copy available from school administration upon request.

### EVALUATION

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

Ratified by School Council June 2021.

### POLICY REVIEW AND APPROVAL

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|----------------------------|--|
| Policy last reviewed       | June 2021  |
| Approved by                | Principal and School Council   |
| Communication and feedback | This policy is always accessible on the school website and feedback from the community can be directed to the school at any time for the School Council to consider. |
| Next scheduled review date | 2024 (3-4 Year Cycle)  |

If changes from the Department of Education occur or if there is feedback from the community, this policy will be reviewed.