Mundulla Primary School

our school values:
excellence
respect
responsibility
integrity
co-operation
creativity

SunSmart Policy

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

Rationale

A balance of ultraviolet (UV) radiation exposure is important for health. Too much of the sun's UV radiation can cause sunburn, skin and eye damage and skin cancer. Sun exposure during childhood and adolescence is a major factor in determining future skin cancer risk.
Too little UV radiation from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health. Sensible sun protection when UV is 3 and above does not put people at risk of vitamin D deficiency.

Objectives

This sun protection policy has been developed to:

- encourage the entire school community to use a combination of sun protection measures whenever the UV Index reaches 3 and above.
- work towards a safe school environment that provides shade for students, staff, and the school community at appropriate times.
- assist students to be responsible for their own sun protection.
- ensure families and new staff are informed of the school's sun protection policy.

The school uses a combination of sun protection measures for all outdoor activities during terms 1, 3 and 4, (or August 1st to April 30th) and whenever UV levels reach 3 and above at other times.

Scheduling

A combination of sun protection measures are considered when planning outdoor activities such as camps, excursions, sporting activities and water-based activities.
Care is taken during the peak UV radiation times, and outdoor activities are scheduled outside of these times, where possible or in the shade.

Sun protection measures

1. Clothing

Sun protective clothing is included in the school uniform/dress code and sports uniform. The clothing is cool, loose fitting and made of closely woven fabric. It includes shirts with collars and longer sleeves and longer style skirts, dresses and shorts. Rash tops or t-shirts over bathers are recommended for outdoor swimming activities

2. Sunscreen

- Students are encouraged to provide/apply their own SPF 50 or higher broad spectrum, water resistant sunscreen especially where students have sent. In addition, the school supplies SPF 50 or higher broad spectrum, water resistant sunscreen for staff and student use.
- Sunscreen is applied at least twenty minutes before going outdoors and reapplied at least every two hours if outdoors for an extended period or more often if washed or wiped off.
- Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. Students are reminded to apply sunscreen before going outdoors) With parental consent, students with naturally very dark skin are not required to wear sunscreen to help with vitamin D requirements.

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3. Hats

All students and staff are required to wear hats that protect their face, neck and ears e.g. legionnaire, broad brimmed or bucket hats, whenever they are outside. Baseball or peak caps are not acceptable. Students who are not wearing a SunSmart hat are required to play in the shade or return indoors.

Shade

- Staff are to use available areas of shade for outdoor activities as much as possible and actively encourage students to play in the shade.
- Students who are not wearing a SunSmart hat or appropriate clothing are asked to play in the shade or return indoors.
- In consultation with the school Governing Council, shade provision is considered in plans for future buildings and grounds.

4. Sunglasses *(optional)*

Students and staff are encouraged to wear close-fitting, wrap-around sunglasses that provide the best protection against UV eye damage. Sunglasses should meet Australian standard AS/NZS 1067 (Sunglasses: lens category 2, 3 or 4) and cover as much of the eye area as possible. Novelty tinted glasses do not protect against UV radiation and are not recommended.

5. Staff WHS and role modelling

For work health and safety and role modelling, when the UV is 3 and above, staff are required to practice SunSmart behaviours including:

- wearing sun protective hats, clothing, and sunglasses when outside
- applying SPF 50+ broad-spectrum, water-resistant sunscreen
- seeking shade whenever possible.

Families and visitors are encouraged to use a combination of sun protection measures when participating in or attending outdoor school activities.

7. Learning and development

Sun protection education is incorporated into the curriculum for all year levels (or) at least every second year.

8. Policy promotion

Sun protection information and the sun protection policy is promoted to the whole school community through newsletters, school homepage, parent meetings, staff meetings, school assemblies, student, and teacher activities and in student enrolment packs.

Legislation

- **Work Health and Safety Act 2012**

Policy review

The school will review the policy regularly (at least every three years) and revise the policy when required.

Date of next policy review July 2027

Relevant resources

- **Twinkl Curriculum Resource**
  Free sun protection curriculum resources suitable for Foundation to Year 6 to be used in classroom teaching and learning activities. Visit: **Foundation – Year 6 sun safety curriculum resources**
- **SunSmart Literature Activities**
  Literature resource activities for over 20 picture books with various themes related to the sun, weather, the seasons, sun protection and skin. Visit: **www.generationsunsmart.com.au/sunsmart-literature-activities/**
- **SunSmart Hat-Wearing Toolkit**
  Leads staff through simple steps, with useful tips and resources to reinforce current SunSmart hat-wearing behavior to reach 100% compliance or to phase out baseball caps. Visit: **https://www.cancersa.org.au/prevention/suns**