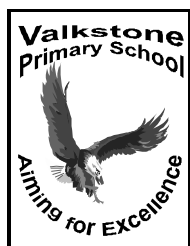


# Valkstone Primary School, No. 4778



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## SUNSMART POLICY

### PURPOSE

The purpose of this policy is to encourage behaviours at Valkstone 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 generally, and in particular between the 1<sup>st</sup> of September and 30<sup>th</sup> April - when UV index levels are generally highest in Victoria
- 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 September – 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 when outdoors, specifically between 1<sup>st</sup> September and 30<sup>th</sup> April).

Valkstone Primary School has the following measures in place to help reduce the risk of excessive UV sun exposure for staff and students. The school will also implement a shortened lunch play timetable on days of extreme heat.

## Shade

Valkstone Primary School will provide sufficient options for shelter and trees to provide shade on school grounds, particularly in places such as:

- Shade sail clothes over the Prep-2 playground and the area between the MPR and G3 classrooms
- Established trees around the oval and other play areas

When building works or grounds maintenance is conducted at Valkstone 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

Valkstone 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
- Recommend rash vests or t-shirts for outdoor swimming activities.

From the 1<sup>st</sup> of September to the 30<sup>th</sup> April, all students **must** wear a sun protective hat that shades the face, neck and ears for all outdoor activities. Hats may also be worn for all outdoor activities outside of the September to April time period, by parent or student choice.

Students are required to wear a school hat that protects the face, neck and ears when outdoors, for example broad-brimmed, legionnaire or bucket. Students who are not wearing appropriate protective clothing or a hat will be asked to play in the shade or in a suitable area protected from the sun.

The staff at Valkstone Primary School will act as role models by wearing hats and appropriate clothing.

## Sunscreen

Valkstone Primary School encourages all staff and students to apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen daily. Each grade will have a supply of sunscreen for the children to apply.

Valkstone Primary School has strategies in place to remind students to apply sunscreen before going outdoors, such as reminding students to apply before they leave the classroom for recess and lunch, and storing the sunscreen in an accessible place.

Staff and families should role model SunSmart behaviour and are encouraged to apply SPF 30 (or higher) broad-spectrum, water-resistant sunscreen when outside.

## Sunglasses

Where practical Valkstone Primary School allows students engaged in outdoor activities to wear sunglasses.

## Curriculum

Students at our school are encouraged to make healthy choices, and are supported to understand the benefits and risks of sun exposure. Valkstone Primary School will address sun and UV safety education as part of the Health Curriculum covered in classrooms.

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.

## RELATED POLICIES AND RESOURCES

- Valkstone Primary School Uniform and Dress Code Policy
- School Policy Advisory Guide:
  - [Sun and UV Protection Policy](#)
  - [Duty of care](#)
- [SunSmart](#)

## REVIEW CYCLE

This policy was last updated in June 2020. This policy was reviewed and approved by School Council in July 2020 and is scheduled for review in July 2024.