



# Cranbourne East Primary School

## SunSmart Policy



### Help for non-English speakers

If you need help to understand the information in this policy please contact the school.

### PURPOSE

- To educate students and staff as to suitable SunSmart protection strategies.
- Ensure all students and staff are protected from over-exposure to UV radiation
- To encourage and support children and teachers to develop independent sun protection skills to help them be responsible for their own sun protection.

This policy is shared with the whole school community with opportunities to provide feedback/input.

### BACKGROUND

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.

A combination of sun protection measures are needed for all outdoor activities from mid-August to the end of April and whenever UV levels reach 3 and above. In Victoria, UV levels regularly reach 3 or higher from mid-August to the end of April. At these levels, sun protection is recommended for all skin types.

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](http://sunsmart.com.au).

The sun protection measures listed are used for all outdoor activities during the daily local sun protection times (a forecast from the Bureau of Meteorology for the time of day UV levels are forecast to reach 3 or higher).

### DEFINITIONS

**Sun Protection:** creation of environments and behaviours that will prevent over exposure to UV radiation.

**UV Radiation:** Ultraviolet (UV) radiation is a type of energy produced by the sun and some artificial sources, such as solariums. Too much UV radiation can cause skin and eye damage, sunburn, tanning and skin cancer. UV radiation isn't like the sun's light or heat, which we can see and feel. Your senses cannot detect UV radiation, so you won't notice the damage until it has been done.

## HEALTHY PHYSICAL ENVIRONMENT

- Cranbourne East Primary School ensure there is adequate shaded outdoor areas where students can play, learn and eat.
- The availability of shade is considered when planning all other outdoor activities.
- Students are encouraged to use available areas of shade when outside.
- Children will be required to wear School Council approved school uniform, which will include shirts and skirts with collars, long sleeved garments, longer styled shorts and skirts, and from mid-August, through to the end of April, whenever they are outside.
- Appropriate School Council approved school uniform hats for students will be readily available from the uniform store (PSW) for purchase.
- The school council will provide adequate shade structures for students as practicable; particularly over areas where students wish to seek refuge from the sun.
- Children will be actively encouraged to wear a broad-spectrum water resistant sunscreen (SPF30+). Sunscreen will be provided in each classroom, and on excursions. Sunscreen will generally be applied by students themselves or with the assistance of their sunscreen buddy according to the manufacturer's directions (applied at least 20 minutes before going outside and reapplied every two hours, or more frequently if sweating or swimming), under the supervision of teachers. Teachers may apply sunscreen to very young or disabled students if necessary, and if written parental approval is provided. The use-by date of sunscreen will be monitored and replaced when necessary.
- All students and staff wear hats that protect their face, neck and ears whenever they are outside.
- Children without hats or appropriate clothing will be restricted to play in designated shaded areas. Children who habitually don't bring a hat may be restricted from playing outside.

## HEALTHY CULTURE

- A combination of sun protection is used when UV levels are 3 or above (ie. hats, clothing, sunscreen, shade and if practical sunglasses, as outlined in the sun protection guidelines).
- Sun protective behaviours are regularly reinforced and promoted. The dress code for students and staff follows the Sun Protection Guidelines.
- Staff, families and visitors are encouraged to wear clothing, sunscreen and hats that follow sun protection guidelines.

## STUDENT TEACHING AND LEARNING

- Sunsmart activities and sun protection will form part of the Health and Physical Education curriculum at all year levels; specifically;
  - Sun protective behaviours
  - UV radiation
  - Health risks associated with UV exposure
- Staff have access to professional development and teaching resources about sun protection education.

## SUPPORTED STAFF

Staff are supported to follow sun protective behaviours. Sun protection information is provided to educators and staff, including information about:

- Sun protective behaviours
- UV radiation

- Health risks associated with UV exposure
- Early detection of skin cancer

Sun protection information and policy requirements are included in staff orientation/induction.

- 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

Staff will be supported to role model sun smart behaviour by wearing broad brimmed hats (at least 6cm rigid brim) when outside. Staff members may wear broad brimmed hats of their own choosing.

## FAMILIES AND COMMUNITY PARTNERSHIPS

Sun Protection information is provided to families, such as information about sun protective behaviours, UV radiation and health risks associated with UV exposure.

Partnerships are established with relevant organisations and health professionals to support sun protection practices as appropriate.

The school newsletter and school assemblies will be used to highlight and reinforce the SunSmart message.

Our school is an accreditation SunSmart school with SunSmart and Cancer Council Victoria.

## RELEVANT LEGISLATION AND POLICIES:

- Occupational Health and Safety Act (2004)
- DET School Policy and Advisory Guide: Sun and UV Protection (2019)
- DET Outdoor activities (2018)
- Victorian Government OHS Planning documents
- Safe Work Australia: Guidance Note – Sun protection for outdoor workers (2016)

## RELEVANT POLICIES:

CEPS Uniform Policy

## EVALUATION:

This policy is to be reviewed as part of our school's three-year review cycle. This policy has been reviewed by the Cancer Council and has been given their endorsement.

## POLICY REVIEW AND APPROVAL

Policy last reviewed	1 <sup>st</sup> September 2021
Consultation	School Council consultation: 8 <sup>th</sup> September 2021
Approved by	Principal
Next scheduled review date	September 2024