



ASCOT VALE PRIMARY SCHOOL

SUNSMART POLICY

Approved by School Council September 2019

PURPOSE

The purpose of this policy is to encourage behaviours at Ascot Vale Primary School (Ascot Vale PS) 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.

School council approved this policy on 16th September

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, at sunsmart.com.au or bom.gov.au.

Ascot Vale PS has the following measures in place to help reduce the risk of excessive UV sun exposure for staff and students.

Shade

Ascot Vale PS will provide sufficient options for shelter and trees to provide shade on school grounds, particularly in places such as:

- popular play areas
- assembly areas.

When building works or grounds maintenance is conducted at Ascot Vale PS 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

Ascot Vale PS recommends that from mid-August to the end of April, and whenever UV levels reach 3 and above, students come to school wearing sun-protective clothing such as:

- 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
- rash vests or t-shirts for outdoor swimming activities
- broad-brimmed, legionnaire or bucket hat

Ascot Vale PS's school uniform includes items designed to meet these standards.

From 1 September to 30 April, all students **must** wear a sun protective hat that shades the face, neck and ears for all outdoor activities, for example broad-brimmed, legionnaire or bucket. Students who are not wearing appropriate protective clothing or a hat may be asked to play in the shade or in a suitable area protected from the sun. Parents will be reminded about the start date via the Compass app and school newsletter.

Hats may also be worn for all outdoor activities outside of the September to April time period, by parent or student choice.

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Sunscreen

Ascot Vale PS encourages all staff and students to apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen daily whenever UV levels reach 3 and above. Students are encouraged to bring to school and apply their own sunscreen, which should be applied at least 20 minutes before going outdoors, and reapplied every two hours according to the manufacturer's instructions. Sunscreen is also available in the first aid room and is made available for physical education classes.

Staff and students who may suffer from allergic reactions from certain types of sunscreen must contact the office to implement a management plan to reduce the risk of an allergic reaction at school.

Ascot Vale PS has strategies in place to remind students to bring sunscreen to outdoor activities such as camps, excursions and sporting events.

At Ascot Vale PS students are welcome to attend the first aid room to access sunscreen.

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 Ascot Vale PS encourages students and staff engaged in outdoor activities to wear close-fitting, wrap-around sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.

Curriculum

Students at our school are encouraged to make healthy choices, and are supported to understand the benefits and risks of sun exposure. Ascot Vale PS will address sun and UV safety education as part of the Victorian curriculum where appropriate.

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.

Engaging students, staff and families

SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, the school website, staff and parent meetings, school assemblies, student and teacher activities and at student enrolment/new staff orientation. These forums are also used to provide families and staff with information, ideas and practical strategies to support UV safety at school and at home.

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FURTHER INFORMATION AND RESOURCES

- School Policy Advisory Guide:
 - [Sun and UV Protection Policy](#)
 - [Duty of care](#)
- [SunSmart](#)

REVIEW CYCLE

This policy was last updated on 16th September 2019 and is scheduled for review in September 2022.

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