



MOSSGIEL PARK PRIMARY SCHOOL SunSmart Policy

Rationale:

Exposure to the sun improves vitamin D levels and helps to maintain healthy bones and muscles for general health, but too much of the sun's UV can cause sunburn, skin and eye damage and cancer. UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer in later life. All members of the school community must therefore be educated as to the need for a healthy balance between enjoying outdoor activities and ensuring suitable sun protection. The school has a responsibility to protect students and staff from over exposure to the sun whilst they are at school or participating in school programs involving outdoor activities.

Objectives:

This SunSmart policy aims to:

- ensure all students and staff are protected from over-exposure to UV radiation;
- ensure the outdoor environment provides shade for students and staff;
- ensure students are encouraged and supported to develop independent sun protection skills to help them be responsible for their own sun protection;
- support duty of care requirements; and
- support appropriate OHS strategies to minimise UV risk and associated harms for staff and visitors.

Implementation:

- 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. At these levels, sun protection is recommended for all skin types. In Victoria, UV levels regularly reach 3 or higher from mid-August to the end of April.

1. Seek Shade

- School Council and the Principal will monitor the provision of adequate shade by ensuring that a shade audit is conducted regularly;
- The School Council will work towards extending existing shade structures and plantings for students when funds permit, particularly over high density play areas such as sand pits and other popular play areas;
- The availability of shade is considered when planning excursions and all other outdoor activities;
- Whenever possible, outside activities on hot days should be scheduled before 11:00 am;
- Students, staff and visitors to the school are encouraged to use available areas of shade when outside; and
- Students without suitable hats or clothing will be restricted to playing in designated shaded areas.

2. Clothing and Hats

- The MPPS school uniform complies with recommendations from SunSmart and includes T-shirts with collars, broad-brimmed and bucket hats, and longer shorts and dresses;
- All students are required to wear hats that protect their face, neck and ears (legionnaire, broad-brimmed or bucket hat), whenever they are outside in Term 1 and Term 4. Peak caps and visors are not considered a suitable alternative;
- Students attending outdoor activities such as swimming events are encouraged to wear long-sleeved T-shirts or rash vests. Students will be advised of sun protection requirements on excursion permission forms, and any student who in the judgement of the principal has inadequate sun protection will not be allowed to attend for their own safety;
- Staff will act as role models by also wearing broad brimmed hats when outside from mid-August to April. It is an OH&S requirement that staff wear adequate sun protection clothing when on yard duty or supervising outdoor activities; and
- Parents and visitors to the school will be encouraged to model SunSmart strategies.

3. Sunscreen

- All students should wear a broad-spectrum water resistant sunscreen (minimum SPF30+) from Mid-August to April when undertaking extended outdoor activities and excursions;
- Families should supply a suitable SPF30+ (or higher) broad spectrum sunscreen for use during outdoor activities;
- Sunscreen is applied in accordance with the manufacturer's directions (which state to apply at least 20 minutes before going outdoors and reapply every two hours, or more frequently if sweating or swimming); and
- Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminder notices, sunscreen monitors, sunscreen buddies).

4. Sunglasses (if practical)

- Where practical students are encouraged 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.

5. Education and Curriculum

- Programs on sun protection are included in the curriculum for all year levels.

6. Engaging children, educators, staff and families

- SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school website, staff and parent meetings, school assemblies, student and teacher activities and at student enrolment/new staff 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

Evaluation:

- The school council and staff monitor and review the effectiveness of the SunSmart policy and revise the policy when required (at least once every three years) by completing a policy review and membership renewal with SunSmart at sunsmart.com.au.
- SunSmart policy updates and requirements will be made available to staff, families and visitors.

This policy was last ratified by School Council on the 29th of October, 2019

Legislation and Standards

- [Occupational Health and Safety Act 2004](#)
- [Education and Training Reform Act 2006](#): Sch.5 Reg. 1 (1.2)