

EASTBOURNE PRIMARY SCHOOL Sunsmart Policy

Rationale

Too much ultra-violet (UV) radiation from the sun can cause sunburn, skin damage, eye damage and skin cancer. Australia has one of the highest incidence rates of skin cancer in the world, with two in three Australians developing some sort of skin cancer in their lifetime. Overexposure to the sun during childhood and adolescence is known to be a major cause of skin cancer. Our sun protection policy is followed from mid-August (August 19) until the end of April (April 30) and whenever the UV index level can reach 3 and above.

Objectives:

The goals of the Sunsmart Policy are to:

- Ensure all students and staff are protected from over-exposure to UV radiation
- Increase student and community awareness of skin cancer and sun protection
- Encourage the entire school community to use a combination of sun protection measures during the period of the year the UV Index levels are most likely to reach 3 and above.
- Work towards a safe school environment that provides shade for students, staff and the school community.
- Assist students to be responsible for their own sun protection
- Ensure that families and new staff are informed of the school's Sunsmart policy

Our sun protection strategies:

All students and staff use a combination of sun protection measures from mid-August to the end of April to ensure they are well protected from the sun. Particular care is taken during the 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.

Our Sunsmart Policy is considered when planning all outdoor events eg. Assemblies, camps, excursions and sporting events. Where possible, we have outdoor activities or events earlier in the morning or later in the afternoon, or we try using indoor venues.

1. Shade

- The school Council makes sure there is a sufficient number of shelters and trees providing shade in the school grounds particularly in areas where students congregate eg. Lunch, canteen, outdoor lesson areas and popular play areas.
- In consultation with the School Council, shade provision is considered in plans for the future buildings and grounds.
- The availability of shade is considered when planning outdoor activities.
- Students are encouraged to use available shade when outside.
- Students who do not have appropriate hats or outdoor clothing are asked to stay in the shade during recess and lunch time. Students who repeatedly do not have a hat may require further disciplinary procedures.

2. Clothing

- Sun protective clothing is included in our school uniform/dress code and sports uniform. It is recommended that school clothing has protective features including, close weave fabric, collars, longer style etc. Rash vests or t-shirts are recommended for outdoor swimming.
 - Where students are in casual clothing on a school activity such on camp appropriate Sunsmart dress is to be worn.
 - Staff are encouraged to dress appropriately to model Sunsmart awareness.
3. Hats
- Students and staff are required to wear hats that protect the face, neck and ears, ie legionnaire, broad brimmed, bucket hats. All hats are to be navy blue to adhere to the uniform policy requirements.
4. Sunglasses
- Students and staff are encouraged to wear sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4), however these are brought to school at the owners risk.
5. Sunscreen
- Students are encouraged to apply a SPF 30+ broad spectrum water resistant sunscreen before coming to school.
 - Students must provide their own SPF30 (or higher) broad-spectrum, water-resistant sunscreen. This is included on the school's booklist each year.
- AND / OR
- The school supplies SPF30 (or higher) broad-spectrum, water-resistant sunscreen for staff and student's use.
 - 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).
 - Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminder notices, sunscreen monitors, sunscreen buddies).
 - In times where there is prolonged outdoor activities eg sporting events, camps etc, strategies are in place to regularly remind students to reapply sunscreen.
6. Curriculum
- Curriculum Programs on sun protection and Skin Cancer prevention are included in the curriculum for all grade levels. Students will be informed through the Health and Physical Education domain (Victorian curriculum F to 10) to encourage an awareness of the dangers of too much sun exposure. Students will also learn the importance to our health of Vitamin D obtained from safe exposure to the sun.
 - Sunsmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school website, parent meetings, school assemblies, student and teacher activities and student enrolment.
 - 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
7. Review
- The School Council and staff regularly monitor and review the effectiveness of the sun protection policy (at least every 3 years) and revise the policy when required.

This policy was last ratified by School Council in July 2023, review in June 2025