



Mypolonga Primary School SunSmart Policy

This policy applies to all school events on and off site.

Rationale

A balance of ultraviolet (UV) radiation exposure is important for health. Too much of the sun's UV radiation can cause sunburn, skin and eye damage and skin cancer. Sun exposure during childhood and adolescence is a major factor in determining future skin cancer risk.

Too little radiation from the sun can lead to low Vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health. Sensible sun protection when UV is 3 and above does not put people at risk of Vitamin D deficiency.

Objectives

This sun protection policy has been developed to:

- . encourage the entire school community to use a combination of sun protection measures whenever UV Index levels reach 3 and above
- . work towards a safe school environment that provides shade for students, staff and the school community at appropriate times
- . assist students to be responsible for their own sun protection
- . ensure families and new staff are informed of the school's sun protection policy.

Staff are encouraged to access the daily local sun protection times on the SunSmart app or www.myuv.com.au to assist with the implementation of this policy.

The school uses a combination of sun protection measures for all outdoor activities during terms 1, 3 and 4, and whenever UV levels reach 3 and above at other times.

1. Clothing

- . Students are required to wear appropriate sun protective clothing, which is included in the school uniform/dress code. This includes shirts with collars and elbow length sleeves. Longer style shorts, skorts, skirts and uniform dresses are recommended.
- . It is recommended that the clothing be cool, loose fitting and made of closely woven fabric. Rash tops or t-shirts over bathers are recommended for outdoor swimming activities.

2. Sunscreen

- . SPF 30 or higher, broad-spectrum, water resistant sunscreen will be provided for all classes, and students will be trained in its use and encouraged to apply it.
- . The sunscreen must be applied to clean, dry skin 20 minutes prior to going outdoors and reapplied every 2 hours or more frequently if involved in water activities, perspiration or outdoors for extended periods of time.
- . Strategies are in place to remind students to apply sunscreen before going outdoors (reminded by the classroom teacher).
- . Families with children who have naturally very dark skin are encouraged to discuss their Vitamin D requirements with their GP or pediatrician.

3. Hats

- . All students and staff are required to wear hats that protect their face, neck and ears eg. legionnaire, broad brimmed or bucket hats whenever they are outside.
- . Baseball or peak caps are not acceptable.

4. Shade

- . Students will be actively encouraged to use available areas of shade for outdoor activities.
- . The school has sufficient shade and is working towards increasing the number of shade structures (with the school's Governing Council), so as to provide adequate sun protected areas in the school grounds eg. outdoor lesson areas.
- . A shade audit is conducted regularly to determine the current availability and quality of shade.
- . The availability of shade is considered when planning excursions and all other outdoor activities.
- . Care is taken during the peak UV radiation times, and outdoor activities are scheduled outside of these times or in the shade where possible. Sports days and other outdoor events are to be held during term two or earlier in the day (where possible).
- . Students who do not have appropriate hats or clothing are asked to play under the pergola area.

5. Curriculum

- . Programs on skin cancer prevention / Vitamin D are included in Health Education Curriculum for all year levels.
- . SunSmart behavior is regularly reinforced and promoted to the whole school community through newsletters, staff meetings, school assemblies, student and teacher activities and in the family information booklet.

6. Staff/WHs and Role Modelling

- . For Work, Health and Safety risk controls and role modelling, when the UV is 3 and above, staff are required to practice SunSmart behaviours. This includes wearing appropriate hats, clothing, sunglasses, applying sunscreen and seeking shade whenever possible. Parents and visitors will be encouraged to role model appropriate SunSmart behaviours in all school activities.
- . New staff members are advised of the SunSmart policy through the staff induction manual and SunSmart behaviour will be regularly reinforced and promoted to the whole school community (eg. via newsletters, assemblies, bulletin boards) and all families will be informed of the policy.

7. Policy Review

This policy will be reviewed by school staff and Governing Council at least every 3 years to ensure the information remains current and relevant.

Date of next policy review: 27th January 2028

Endorsed by

SUNYL VOGT

Principal, Mypolonga Primary School

Signed: _____



Dated: _____

21 / 01 /2025