



Teesdale Primary School was one of the first schools to successfully register as a Sun Smart member in 1994.

Rationale

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 associated with an increased risk of skin cancer in later life. Australia has one of the highest rates of skin cancer in the world, with two in three Australians developing some form of skin cancer before age 70.

Objectives

This Sun Smart Policy has been developed 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 our school's strategies to meet its duty of care requirements; and
- support appropriate OHS strategies to minimise UV risk and associated harms for students, staff and visitors.

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 reach 3 or higher from mid-August to the end of April.

Our staff are encouraged to

- Access the Sun Smart website at sunsmart.com.au or the SunSmart widget on our school's website to find out daily local sun protection times
- Access safe UV exposure whenever UV Index levels are below 3.

1. Seek 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 e.g. lunch, outdoor lesson areas and popular play areas.

The availability of shade is considered when planning excursions and all other outdoor activities.

In consultation with the school council, shade provision is considered in plans for future buildings and grounds.

A shade assessment is conducted regularly to determine the current availability and quality of shade.

Students are encouraged to use available areas of shade when outside.

2. Slip on sun protective clothing

Sun protective clothing is included in our school uniform / dress code and sports uniform. School clothing is cool, loose fitting and made of densely woven fabric. It includes shirts with collars and elbow length sleeves and longer style dresses and shorts.

3. Slap on a sun protective hat

All students and staff are required to wear hats that protect their face, neck and ears, i.e. broad brimmed hats, whenever they are outside. Baseball or peak caps are not considered a suitable alternative. Students who do not have appropriate hats are asked to play in the shade or a suitable area, which is on the stage or mudbrick veranda at Teesdale PS.

4. Slop on sunscreen



Teesdale Primary School Policy

Students must provide their own SPF 30 (or higher) broad spectrum, water resistant sunscreen. Strategies are in place to remind students to apply sunscreen before going outdoors. Sunscreen is applied in accordance with the manufacturer's directions Applied at least 20 minutes (where possible) before going outdoors and reapplied every two hours or more frequently if sweating or swimming.

5. Slide on *sunglasses* [OPTIONAL]

Where practical, students and staff 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.

Staff OHS and Role modelling

As part of OH&S UV risk controls and role-modelling, typically between mid-August and April in Victoria and when the UV is 3 and above staff must:

- wear sun protective hats, clothing and sunglasses when outside
- apply SPF 30 (or higher) broad spectrum, water resistant sunscreen
- seek shade whenever possible

Families and visitors are encouraged to use a combination of sun protection measures (sun protective clothing and hats, sunglasses, sunscreen and shade) when participating in and attending outdoor school activities, for example our SAKGP.

Curriculum

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

Sun Smart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school homepage, parent meetings, staff meetings, school assemblies, student and teacher activities and on student enrolment.

Review

The school council and staff regularly monitor and review the effectiveness of the Sun Smart policy (at least once every three years) and revise the policy when required by completing a policy review and membership renewal with SunSmart at www.sunsmart.com.au.

Relevant Documents / Links

DET School Policy & Advisory Library 2020

DET Health, Safety & Work cover

Victorian Early Years Learning and Development Framework (VEYLDF)

Building Quality Standards Handbook (BQSH): Section 5.1.4 Shade Areas (2020)

Occupational Health and Safety Act 2004

Heat and UV Guide: provides key information to deal with heat and UV. Available from www.sunsmart.com.au/downloads/Protecting_others/Heat_and_uv_guide.pdf