

Caulfield South Primary School

SunSmart Policy

Purpose

The purpose of this policy is to encourage behaviours at Caulfield South Primary School 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.

Objective

This policy applies to all school activities, including camps and excursions. It is applicable to all students and staff.

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

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](#), or at <https://www.sunsmart.com.au/uvalert/> or bom.gov.au.

Implementation:

Caulfield South P.S. has the following measures in place to help reduce the risk of excessive UV sun exposure for staff and students.

1. Shade

Caulfield South P.S. will provide sufficient options for shelter and trees to provide shade on school grounds, particularly in places such as:

- where students congregate for lunch
- outdoor lesson areas
- popular play areas
- assembly areas
- the oval

Students who do not have appropriate hats or outdoor clothing are asked to play in the shade or a suitable area protected from the sun.

When building works or grounds maintenance is conducted at Caulfield South P.S. 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.

2. Sun protective uniform/clothing

Caulfield South P.S.'s school uniform and dress code includes sun-protective clothing, including:

- 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.

From mid-August (Term 3 Week 6) to 30 April, all students **must** wear a sun protective hat that shades the face, neck and ears for all outdoor activities i.e. legionnaire, broad brimmed or bucket hats, whenever they are outside. Because a baseball cap does not offer enough protection, students wearing a baseball cap will have the same consequences as not wearing a hat.

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.

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

3. Sunscreen

Caulfield South P.S encourages all staff and students to apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen daily whenever UV levels reach 3 and above. Sunscreen should be applied at least 20 minutes before going outdoors, and reapplied every two hours according to [manufacturer's instructions](#).

- SPF 30+ broad spectrum, water resistant sunscreen is available for staff and student's use. [supplied by school and/or families]
- Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminder notices, sunscreen monitors, sunscreen buddies).
- With parental consent, students with naturally very dark skin are not required to wear sunscreen.
- Staff and students who may suffer from allergic reactions from certain types of sunscreen are encouraged to contact the school's First Aid Officer to implement a management plan to reduce the risk of an allergic reaction at school.

4. Staff OHS and Role modelling

As part of OHS UV risk controls and role-modelling, when the UV is 3 and above staff:

- wear sun protective hats, clothing and sunglasses when outside
- apply SPF 30+ 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.

5. Curriculum

Students at our school are encouraged to make healthy choices, and are supported to understand the benefits and risks of sun exposure. Caulfield South P.S. will address sun and UV safety education:

- Through programs on skin cancer prevention and vitamin D that are included in the curriculum for all year levels.
- through newsletters, school homepage, parent meetings, staff meetings, school assemblies, student and teacher activities and on student enrolment to regularly reinforce and promote SunSmart behaviour to the whole school community

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.

Further Information and Resources

- School Policy Advisory Guide:
 - [Sun and UV Protection Policy](#)
 - [Duty of care](#)
- [SunSmart](#)
- [Achievement Program](#)'s SunSmart policy [schools will need to register for the program to gain access to these resources]

Evaluation:

This policy will be reviewed as part of the school's three-year review cycle.