

Sunsmart Policy



Help for non-English speakers

If you need help to understand the information in this policy please contact Balwyn North Primary School Office.

Purpose

The purpose of this policy is to encourage behaviours at Balwyn North 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 until the 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.

Scope

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

Policy

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 until the 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 free SunSmart app or at bom.gov.au.

Balwyn North Primary School has the following measures in place to help reduce the risk of excessive UV sun exposure for staff and students.

Shade

Balwyn North Primary School will provide sufficient options for shelter and trees to provide shade on school grounds, particularly in places such as:

- outdoor learning areas
- popular play areas
- assembly areas

When building works or grounds maintenance is conducted at Balwyn North Primary School 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.

Sun protective uniform/clothing

Balwyn North Primary School'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
- school protective sun hats

From mid-August (exact date to be set by the school annually) to 30 April, all students **must** wear a sun protective hat that shades the face, neck and ears for all outdoor activities. Hats may also be worn for all outdoor activities outside of the August to April time period, by parent or student choice.

Students are required to wear a school hat or another hat style that protects the face, neck and ears when outdoors, for example broad-brimmed, legionnaire or bucket. 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.

Sunscreen

Balwyn North Primary School encourages all staff and students to bring and apply individual SPF30 (or higher) broad-spectrum, water-resistant sunscreen daily whenever UV levels reach 3 and above. Students are encouraged to bring sunscreen to school and to all school activities. Sunscreen should be applied at least 20 minutes before going outdoors, and reapplied every two hours according to [manufacturer's instructions](#).

Staff and families should role model SunSmart behaviour and are encouraged to apply SPF 30 (or higher) broad-spectrum, water-resistant sunscreen when outside.

Sunglasses

Where practical Balwyn North Primary School encourages students and staff engaged in outdoor activities 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.

Curriculum

Students at our school are encouraged to make healthy choices, and are supported to understand the benefits and risks of sun exposure.

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.

Engaging students, staff and families

SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, the school website, staff and parent meetings, school assemblies, student and teacher activities and at student enrolment and new staff orientation. Students are encouraged to be SunSmart through the school's 'Hatslotto' program, whereby students are chosen at random for a prize if they are exhibiting SunSmart behaviours.

Families and staff are provided with information, ideas and practical strategies to support UV safety at school and at home. Balwyn North Primary School may provide families and staff with information through the school Bulletin or via the Compass portal.

Further Information and Resources

- School Policy Advisory Guide:
 - [Sun and UV Protection Policy](#)
 - [Duty of care](#)
- [SunSmart](#)
- [Achievement Program](#)'s SunSmart policy

This policy will be communicated to our school community in the following ways:

- * Available publicly on our school's website (or insert other online parent/carer/student communication method)
- * Included in staff induction processes
- * Referenced in staff handbook/manual
- * Discussed at parent information nights/sessions
- * Reminders in our school newsletter
- * Hard copy available from school administration upon request

Evaluation

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| Policy last reviewed | 10 th May 2022 |
| Approved by | School Council |
| Next scheduled review date | May 2025 |