



Drysdale Primary School

SUNSMART POLICY

PURPOSE

Drysdale Primary School is committed to the safety and wellbeing of children in our care. This purpose of this policy is to encourage behaviours to minimise the risk of skin and eye damage and skin cancer. We aim to educate our students about the importance of being SunSmart and encourage positive actions in regards to their health and wellbeing.

SCOPE

This policy pertains to all staff and students at Drysdale Primary School for all school activities, including excursions and camps. Visitors and the school community who attend the school will also be encouraged to follow this policy.

POLICY

In accordance with the guidelines of Sun Smart Schools, Cancer Council of Victoria and Vic Health, at Drysdale Primary School we aim 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 duty of care requirements; and
- support appropriate OHS strategies to minimise UV risk and associated harms for staff and visitors.
- use the UV indicators to determine if indoor play is required on days of extreme weather.

A balance of ultraviolet radiation (UV) exposure is important for health. Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. Too little UV from the sun can lead to low Vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health. Exposure to the sun's UV during childhood and adolescence is associated with an increased risk of skin cancer in later life.

The sun protection measures listed are used for all outdoor activities during the daily local sun protection times (whenever UV levels are 3 or higher), typically from August to the end of April in Victoria. To assist with the implementation of this policy, staff and students are encouraged to access the daily local sun protection times via the [SunSmart widget](#) on the school's website, on the Sentral for staff and by downloading the free [SunSmart app](#), at sunsmart.com.au or at myuv.com.au.

Healthy physical and social environment

1. Seek shade

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- The school council and school leaders ensure there are sufficient shelters and trees providing shade in outdoor areas, particularly in high-use areas e.g. where students have lunch, canteen, sports, outdoor lessons and popular play spaces.
- The availability of shade is considered when planning all other outdoor activities.
- Students are encouraged to use available areas of shade when outside.
- 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.
- 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.
- A Landscape Masterplan has been developed to identify further areas of shade.

2. Slip on sun protective clothing

Drysdale Primary School recommends that from mid-August to end of April, and whenever UV levels reach 3 and above, students come to school wearing sun-protective clothing such as:

- 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.

3. Slap on a hat

- All students are required to wear hats that protect their face, neck and ears (legionnaire, broad-brimmed or bucket hat), whenever they are outside. Peak caps and visors are not considered a suitable alternative. Students who are not wearing appropriate protective clothing or a hat will be asked to play in the shade or in a suitable area protected from the sun.
- Students and staff are required, as a minimum, to wear a hat in Term 1 and 4 for all outdoor activities including camps and excursions. Hats may also be worn for all outdoor activities outside of the Term 1 and 4 time period, by staff, parents/carers or students.

4. Slop on sunscreen

- Students are encouraged to provide their own SPF30 (or higher) broad-spectrum, water-resistant sunscreen. The school also supplies SPF30 (or higher) broad-spectrum, water-resistant sunscreen for staff and student's use. Dispensers of sunscreen have been provided in each classroom for student use.
- Sunscreen is applied at least 20 minutes (where possible) before going outdoors and reapplied 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 posters and verbal reminders from staff).
- Staff and families should role model SunSmart behaviour and are encouraged to apply SPF 30 (or higher) broad-spectrum, water-resistant sunscreen when outside.

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5. Slide on sunglasses [if practical]

- Where practical students 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.

Curriculum

Students at our school are encouraged to make healthy choices and are supported to understand the benefits and risks of sun exposure. Drysdale Primary School will address sun and UV safety education as part of Personal Learning, Health and Physical Education lessons.

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.

Learning and skills

- Sun protection is covered at the beginning of each year in all year levels and as part of health/inquiry units where relevant.
- Posters are displayed in each year level area to remind both staff and students about the 5 key steps to sun protection.

Engaging children, educators, staff and families

- SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school website/Sentral Parent Portal staff and family meetings, school assemblies, student and teacher activities and at student enrolment/new staff orientation.
- 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.

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

- Available publicly on our school's website
- Included in staff induction processes and the Staff Handbook
- Included in transition and enrolment packs
- Discussed at parent/carer information nights/sessions
- Reminders in our school newsletter
- Discussed in student forums
- Hard copy available from school administration upon request.

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FURTHER INFORMATION AND RESOURCES

- Safe Work Australia: Guidance note for the protection of workers from the ultraviolet (UV) radiation in sunlight <https://www.safeworkaustralia.gov.au/doc/guidance-note-protection-workers-ultraviolet-radiation-sunlight>
- Worksafe Vic: Sun Protection <https://www.worksafe.vic.gov.au/sun-protection>
- SunSmart Website: Seek Shade <https://www.sunsmart.com.au/protect-your-skin/seek-shade>
- DET Policy Advisory Library <https://www2.education.vic.gov.au/pal/sun-protection/policy>
- DET Guidelines for School Playgrounds –Playground safety management: Section 3.2.5 (2012)
- DET Outdoor activities
- Victorian Early Years Learning and Development Framework (VEYLDF) (May 2016)
- Victorian Institute of Teaching (VIT) Professional Standards for Graduating Teachers / Victorian Teaching Professional Code of Conduct

REVIEW

This policy was reviewed in September 2021 and is scheduled for review in October 2024.

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