

KILMORE PRIMARY SCHOOL

**SUNSMART POLICY**

**Purpose**

The purpose of this policy is to encourage behaviours at Kilmore Primary School that reflect a healthy attitude towards UV exposure, ensuring some sun exposure for vitamin D while minimising the risk of skin cancer.

This policy provides guidelines to:

* support staff and students to use a combination of sun protection measures from September to 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**

A balance of sun exposure is important for health. Excessive exposure to the sun can cause health problems including sunburn, dehydration, damage to skin and eyes, and an increased risk of skin cancer.

Too little UV exposure from the sun can lead to low Vitamin D levels. Vitamin D is essential for healthy muscles and bones, and overall health.

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 September - April)
* peaks during school hours

A combination of sun protection measures should be put in place from September to the end of April.

Kilmore Primary Schoolhas the following measures in place to help reduce the risk of excessive UV sun exposure for staff and students.

**Shade**

Kilmore Primary schoolprovide 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
* covered walkways

When building works or grounds maintenance is conducted at Kilmore 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**

Kilmore Primary School’s uniform and dress code includes sun-protective clothing, including:

* loose, cool, closely-woven fabric
* shirts with a collar and/or high necklines
* tops with long sleeves as an option

At recess and lunch times from September to April, all students and staff on yard duty are required to wear a school hat that protects the face, neck and ears when outdoors, for example broad-brimmed, legionnaire or bucket hats. Students 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**

Kilmore Primary School encourages all staff and students to apply SPF 50+ (or higher) broad-spectrum, water-resistant sunscreen daily at a minimum from September to the end of April.

At Kilmore Primary Schoolstudents are encouraged to bring sunscreen on camps and excursions. Staff and students who suffer from allergic reactions from certain types of sunscreen are encouraged to contact the first aid coordinator to implement a management plan to reduce the risk of an allergic reaction at school.

Staff and families should role model SunSmart behaviour and are encouraged to apply SPF 50+ (or higher) broad-spectrum, water-resistant sunscreen when outside from September to the end of April.

**Curriculum**

Students at our school are encouraged to make healthy choices, and are supported to understand the benefits and risks of sun exposure. Kilmore Primary School will address sun, UV safety and Vitamin D education as part of the Health curriculum.

Staff are encouraged to access resources, tools, and professional learning to enhance their knowledge and capacity to promote sun smart behaviour and Vitamin D education across the school community.

**Further Information and Resources**

* School Policy Advisory Guide:
  + [Sun and UV Protection Policy](http://www.education.vic.gov.au/school/principals/spag/health/Pages/sun.aspx)
  + [Duty of care](http://www.education.vic.gov.au/school/principals/spag/safety/pages/dutyofcare.aspx)
* [SunSmart](http://www.sunsmart.com.au/)
* [Achievement Program](http://www.achievementprogram.health.vic.gov.au/schools)

**Review Cycle**

* The school council and staff regularly monitor and review the effectiveness of the SunSmart policy (at least once every three years) and revise the policy when required.

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| **Ratified by School Council:**  November 2018 | **Review Date:**  November 2021 |