# Foster Primary School

## Sunsmart Policy

### HELP FOR NON-ENGLISH SPEAKERS

If you need help to understand the information in this policy, please contact Foster Primary School on 03 5682 2370 or foster.ps@education.vic.gov.au.

### PURPOSE

The purpose of this policy is to encourage behaviours at Foster 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.

### SCOPE

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 Foster Primary School's website , the free SunSmart app, or at sunsmart.com.au or bom.gov.au.
Foster Primary School has the following measures in place to help reduce the risk of excessive UV sun exposure for staff and students.

## Shade

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

- above play areas such as sand pits, play equipment and high -use areas
- where students congregate for lunch
- the canteen
- outdoor lesson areas
- assembly areas
- sporting grounds

When building works or grounds maintenance is conducted at Foster 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

- We use a combination of sun protection measures for all outdoor activities during the daily local sun protection times.
- The sun protection times from the Bureau of Meteorology tell you 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 regularly reach 3 or higher from beginning September to the end of April.
- Children are required to wear the school uniform close-woven broad brimmed hats that protect the face, neck and ears from mid-August to the end of April whenever they are outside.
- 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 longer sleeves, longer style dresses and shorts and rash vests or t-shirts for outdoor swimming.
- Staff will act as role models by also wearing broad brimmed hats when outside.
- School uniform broad brimmed hats and legionnaires hats are available for purchase from the School Office.
- Children without broad brimmed hats and covering clothing will have restricted play in designated shaded areas. Parents will be notified of prolonged reoccurrence.

## Sunscreen

Foster Primary School 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.

Children must provide their own SPF30 (or higher) broad spectrum, water resistant sunscreen. Sunscreen will be provided on excursions where necessary. However, it is essential that parents/caregivers notify the school if their child may suffer allergic reactions from certain types of sunscreen so that a management plan can be implemented to reduce the risk of an allergic reaction at school.

Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminder notices, sunscreen monitors, sunscreen buddies). Sunscreen is applied at least 20 minutes (where possible) before going outdoors and reapplied every two hours or more frequently if sweating or swimming.

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

For medical reasons some children may need to wear sunglasses when engaged in outdoor activities. The sunglasses should be close-fitting, wrap-around and meet the Australian Standard 1067 (Sunglasses: Category 2,3 or 4) and cover as much of the eye area as possible. Children are responsible for the sunglasses as their personal property.

### Curriculum

Students at our school are encouraged to make healthy choices, and are supported to understand the benefits and risks of sun exposure. Foster Primary School will address sun and UV safety education as part of the Health and Physical Education at all year levels.
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.
Foster Primary School has advanced standing in the DET SunSmart Achievement Program and we promote SunSmart behaviour to the whole school community through various means such as enrolment information, role modelling of sun protective behaviours by staff,

## COMMUNICATION

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

- Included in staff induction processes and staff training
- Available publicly on our school's website
- Hard copy available from school administration upon request

## FURTHER INFORMATION AND RESOURCES

This policy should be read in conjunction with the following policies on the Department's Policy and Advisory Library (PAL):

- Sun and UV Protection
- Duty of Care: Policy
- SunSmart
- Student & Teacher Wellbeing

## POLICY REVIEW AND APPROVAL

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| Policy last reviewed | 19th June 2024 |
| Approved by | Principal |
| Next scheduled review date | Before June 2027 |