

## Sun Protection

**Rationale:** This policy has been developed as part of our commitment to a safe school environment, to reduce the risk to students and staff of exposure to UV radiation from the sun.

## Objective

The objectives of this sun protection policy are to:

- increase student and whole-school awareness of skin cancer and other damage caused by exposure to UV radiation
- work towards a safe school environment that provides shade and other sun protective measures for the entire school community
- encourage the entire school community to use a combination of sun protection measures whenever UV Index levels reach 3 and above
- ensure that families and new staff are informed of the school's sun protection policy.
- ensure that all children in attendance at Melton Primary have some sun exposure to help with Vitamin D and are protected from skin damage caused by the overexposure to harmful ultra-violet rays of the sun. Programs and this policy will be implemented from September to the end of April.
- endeavor to increase Sun Smart knowledge and improve skin protection in the general school population through the implementation of the following strategies:

## Implementation

Strategies 1–4 (clothing, sunscreen, scheduling, role modelling) will be implemented from the beginning of September until the end of April, as this is when UV Index levels are high enough (3 and above) to damage the skin and lead to skin cancer.

Strategies 5–7 (shade, curriculum, professional development for staff) are ongoing and will therefore be implemented at various times throughout the year.

## Clothing

- ◆ From September to the end of April children will wear the summer school uniform hat so as to provide sun protection for the face, neck and ears whenever they are outside (recesses, lunch, P.E. classes, sport activities, excursions, outdoor assemblies etc). The Melton Primary School summer school hat is a navy blue broad-brimmed

or legionnaire style hat. Children who do not wear a school uniform hat during recesses and lunch breaks will be sat under the front veranda of the school gymnasium. Make provision for sun protective clothing items as part of our school uniform. School clothing is cool, loose fitting and made of densely woven fabric. It includes shirts with collars and elbow length sleeves, longer style dresses and shorts and rash vests or t-shirts for outdoor swimming.

To participate in outdoor excursions, sports activities etc. from September to the end of April students must wear a school uniform hat. If students do not have a school uniform hat they will not be permitted to attend these outdoor activities.

Sun protective clothing is included in our school uniform/dress code and sports uniform in the following ways:

Students are required to wear hats that protect their face, neck and ears (i.e. broad brimmed or bucket hats), whenever they are outside. (Staff are also encouraged to do so.) Rash vests or T-shirts are compulsory for outdoor swimming, when students are waiting to compete. Students and staff 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.

## Sunscreen

SPF 30+ broad spectrum, water-resistant sunscreen is available for staff and students' use and students are encouraged to bring their own sunscreen to school. Staff should encourage students to use sunscreen and provide time for students to apply sunscreen before going outside. The school community is educated about the correct use of sunscreen and the level of protection it provides.

Melton Primary School strongly recommends that children are provided with SPF 30 or higher broad spectrum, water resistant sunscreen from home and we seek support from parents in educating their children in Sun Smart strategies.

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 brown or black skin are not required to wear sunscreen so as to help with vitamin D requirements.

## Scheduling

This policy is considered in the planning of all outdoor events such as assemblies, camps, excursions and sporting events. Where possible, outdoor activities/events will be scheduled earlier in the morning or later in the afternoon, or indoor venues will be considered.

## Role modelling

Staff are encouraged to act as role models by using a combination of sun protection measures (sun protective clothing and hats, sunglasses, sunscreen and shade) when outside. 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 activities.

## Shade

Melton Primary School Council ensures that shade is available in the school grounds particularly in areas where students congregate – for example, lunch areas, canteen, outdoor lesson areas. The school council ensures shade provision is considered in plans for future buildings and grounds. Processes for the planning of outdoor activities and excursions include the consideration of shade.

Organise outdoor activities to be held in areas of shade where possible.

Melton Primary School Council will continue to work towards increasing the number of shelters and trees so as to provide adequate shade in the school grounds.

## Curriculum

Sun protection and educational programs are incorporated into appropriate areas of the school curriculum. Students are encouraged to be involved in initiatives to promote and model sun protection measures to the whole school community. Sun protective behaviour is regularly reinforced and promoted to the whole school community through a variety of channels such as newsletters, staff meetings and school assemblies.

Melton Primary School will display appropriate posters and messages pertaining to Sun Smart messages; continuing the education process.

Melton Primary School will utilise such resources as provided by the Cancer Council Victoria

Melton Primary School will ensure that this policy is reflected in the planning of all outdoor events. (eg. Camps, excursions, sporting events)

Ratified by school council on.....