	Policy Name:	Sunsmart	First approved:	03-2016
			Last approved:	08-2019
	Responsible:	Well-being Committee	Review date:	08-2022
Status	Revised in line with Cancer Council Recommendations Council approval required Council consultation required		Basis	Cancer Council Victoria guidelines

1. Rationale:

- 1.1 Too much UV from the sun can cause sunburn, skin damage, eye damage and skin cancer. Too little UV from the sun can lead to low vitamin D levels.
- 1.2 Lyndhurst Primary School is a registered SunSmart member school. Our SunSmart policy has been developed to ensure that all children and staff attending this school are protected from skin damage caused by the harmful ultra-violet rays of the sun. It is to be implemented throughout the year with a combination of sun protection measures used during the Sunsmart period from mid-August until end of April. During these months particular care is taken during the middle of the day between 10am – 3pm when UV levels reach their peak.
- 1.3 To help maintain winter vitamin D, sun protection measures are not used from May until August unless the UV Index level reaches 3 and above

2. Aims:


- 2.1 To educate students as to suitable sunsmart protection strategies.
- 2.2 To encourage children and teachers to protect themselves from the effects of the sun.
- 2.3 To encourage safe UV exposure whenever UV Index levels are below 3.

3. Implementation:

- *The sun protection measures listed are used for all outdoor activities during the daily local sun protection times.*
- *The sun protection times are a forecast from the Bureau of Meteorology for 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 mid-August to the end of April.*

Lyndhurst Primary School is a SunSmart School and employs the following practices

- 3.1 Behaviour
 - During the Sunsmart period (mid-August – 30th April), children must wear Lyndhurst
 - Primary School uniform wide brimmed / bucket hats which protect the face, neck and ears whenever they are outside eg. recess, lunch, sport and excursions.
 - Sun protective clothing is included in our school uniform dress code and sports uniform. School clothing is made of close weave fabric and includes shirts with collars and longer sleeves, longer style dresses and shorts and rash vests or t-shirts for outdoor swimming.
 - Children who do not wear a hat or appropriate clothing are restricted to one shaded area in the playground during recesses and lunches.
 - Children are encouraged to wear SPF 30+ broad spectrum water resistant sunscreen whenever possible. Children are encouraged to keep their own sunscreen at school and reapply it at lunchtime.
 - Sunscreen is applied at least 20 minutes before going outdoors and reapplied every two hours if outdoors.
 - Children are reminded to apply sunscreen before going outdoors.

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- When Lyndhurst Primary School children are out of the school grounds, they are still expected to use sunscreen and hats. At sporting events, shade will be provided for children waiting to participate in their events.
- All staff should follow these guidelines and wear hats whilst on yard duty and involved in sporting events.

3.2 Curriculum

- Incorporate programs on skin cancer prevention and vitamin D into the curriculum.
- Regularly reinforce SunSmart behaviour in a positive way through the school bulletins, information meetings, student and teacher activities and at senior, junior and general school assemblies.

3.3 Environment

- There are many shady areas in our school playground. Children are encouraged to use these, especially during periods of sustained high temperatures.
- Our school is not well treed but many trees have been planted with more planting planned in the future.
- School fitness sessions are all scheduled before 12.00.
- Junior and senior sport sessions are scheduled in the mornings.
- The sport teacher is aware of shaded and indoor areas for Physical Education sessions if these are scheduled between 11.00 am and 3.00 pm.

3.4 This policy is to be read in conjunction with our Student Dress Code.

4. Evaluation:

4.1 This policy will be reviewed as part of the school's three-year review cycle.

References:

- DET School Policy & Advisory Guide (SPAG) [Sun & UV protection](#) (2019)
- Victorian School Building Authority [Building Quality Standards Handbook](#) (BQSH): Section 5.1.4 Shade Areas (2018)
- Occupational Health and Safety Act 2004 Sections 21 and 23: Main Duties of Employers Section 25: Duties of Employees www.worksafe.vic.gov.au> Laws and Regulations > Acts and Regulations
- Safe Work Australia: [Guidance Note – Sun protection for outdoor workers](#) (2016)
- AS 4174:2018 Knitted and woven shade fabrics
- AS/NZS 1067.1:2016, Eye and face protection - Sunglasses and fashion spectacles
- AS/NZS 4399:2017, Sun protective clothing - Evaluation and classification
- AS/NZS 2604:2012 Sunscreen products - Evaluation and classification
- Australian Government Therapeutics Goods Administration (TGA) – Australian regulatory guidelines for sunscreens: [4. Labelling and advertising – directions for use of the product](#)
- AS/NZS 4685.0:2017, Playground equipment and surfacing - Development, installation, inspection, maintenance and operation.6.2.1: *General considerations*, 6.3.9: *Shade and sun protection*, *Appendix A: Shade and sun protection*