



WILLIAMSTOWN PRIMARY SCHOOL

SunSmart Policy

1. RATIONALE

SunSmart recommends that all schools have a SunSmart policy to reduce UV damage to those in their care, including staff.

A healthy balance of ultraviolet (UV) radiation from sunlight is important for health. The sun's UV radiation is both the main cause of skin cancer and the best natural source for vitamin D.

Vitamin D is a hormone that controls calcium levels in the blood. It is needed for strong bones, muscles and overall health.

Excessive exposure to the sun's UV radiation can cause sunburn, skin and eye damage and skin cancer. UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer in later life with Australia having one of the highest rates of skin cancer in the world.

The body can only absorb a limited amount of vitamin D at a time. Spending extra time in the sun won't increase vitamin D levels but will increase the risk of skin cancer, when the UV levels are 3 or higher.

2. PURPOSE

- To create environments and encourage behaviours which reflect a healthy UV exposure balance.
- To ensure all students and staff are aware of the risks of UV radiation exposure and to help ensure they are protected.
- To ensure Williamstown Primary School complies with DET policy and guidelines and the legislative requirements of Occupational Health and Safety Act 2004.
- To ensure the outdoor environment provides shade for students, staff and the School community.
- To ensure students are encouraged and supported to develop independent sun protection skills to help them be responsible for their own sun protection.

3. DEFINITIONS

School means Williamstown Primary School.

SunSmart is a multi-faceted health promotion program jointly funded by Cancer Council Victoria and VicHealth. It is recognised for providing leadership and innovation in UV protection and skin cancer prevention.

4. IMPLEMENTATION/ACTION

- Ensure all new families and new staff are informed of the School's SunSmart Policy.
- 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, the free [SunSmart app](#), or at www.sunsmart.com.au.
- 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.
 - When UV levels are below 3 (generally from May to August in Victoria), the following recommendations apply:
 - sun protection is not mandatory unless near snow or other reflective surfaces
 - encourage time outdoors in the middle of the day with some skin uncovered, to support vitamin D production
 - encourage physical activity outdoors to help boost vitamin D levels
 - outdoor workers should use sun protection throughout the year, regardless of the UV level, as they have an increased risk of skin cancer.
 - When UV levels are 3 or above (generally from September to April in Victoria), the following recommendations apply:
 - sun protection (including hats, sunscreen, clothing, shade and sunglasses) should be used at all times when outdoors
 - avoid deliberate and extended sun exposure
 - Note: a few minutes of mid-morning or mid-afternoon sun exposure to arms and hands on most days of the week should be sufficient to maintain adequate vitamin D.

Behaviour - “Slip, Slop, Slap, Seek, Slide”

From the commencement of Term 4 to the end of Term 1:

- It is a requirement for all children to wear an 8 –10cm broad-rimmed or legionnaire hat and sun-protective clothing (at least a t-shirt) whenever they are outside. Parents/guardians will be expected to supply these items as a key part of the School uniform.
- Children will be directed to stay in designated shaded areas if not wearing a hat.
- SPF 30+ broad spectrum, water resistant sunscreen will be provided for staff and students, however, children are expected to apply sunscreen every day before school, carry a personal roll-on sunscreen (SPF 30+) and apply this sunscreen before going outside for recess, lunch, sport or any other outdoor activity.
- Children will be encouraged to use available shade at recess and lunchtimes.
- Students and staff will be encouraged to wear close fitting, wrap-around sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2,3 or 4 and protect and cover as much of the eye as possible.
- Children will be encouraged to frequently drink water, especially during hot weather.
- The School will assist students to be responsible for their own sun protection.

Curriculum / Engaging children, educators, staff and visitors

- Programs on sun protection are included in the curriculum for all year levels.
- Education and encouragement to comply with this Policy will be particularly prevalent at the start of Term 1 and Term 4.
- SunSmart behaviour is regularly reinforced and promoted through the School communication portal, School assemblies, student and teacher activities and at student enrolment/new staff orientation.
- As part of OHS UV risk control and role modelling, staff, families and visitors take appropriate sun protection measures when attending the School.

Environment

- Sufficient shade structures are provided around the School in outdoor areas, particularly those in high-use areas.
- The timing of outdoor activities will whenever possible, be scheduled outside peak sun intensity hours in Terms 1 and 4.
- Shade provision is considered in plans for future buildings and grounds.

References:

- DET Sun and UV Protection - <https://www.education.vic.gov.au/school/principals/spag/health/Pages/sun.aspx>
- SunSmart website - www.sunsmart.com.au
- *Williamstown PS Uniform Policy*

5. REVIEW AND POLICY HISTORY

This policy is due for formal review in February 2022 although it may be changed at any time as required after discussion with School Council and the Principal or if guidelines change.

Policy History

Version Approval Date	Summary of changes	VRQA Requirement	DET Mandated Policy	School Council Input
August 2011	Comprehensive review	N/A	N/A	N/A
June 2014	Update	N/A	N/A	N/A
February 2019	Comprehensive review	No	Yes	Consultation required.