

## *Balliang East Primary School*

### *Sunsmart Policy*



#### **Rationale:**

Too much ultraviolet (UV) radiation exposure 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 later in life.

Australia has one of the highest rates of skin cancer in the world. More than two in three Australians will be diagnosed with skin cancer in their lifetime. As the sun's UV radiation (which cannot be seen or felt) is the major cause of skin cancer, most skin cancers can be prevented by using sun protection measures whenever UV levels are three or higher.

Our SunSmart policy has been developed to ensure that all children attending this school are protected from skin damage caused by the harmful ultra-violet rays of the sun.

A combination of sun protection measures are used from the beginning of the school year to the end of the school year when UV levels reach three and above, generally from mid-August to the 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.

#### **Definitions:**

- Protective clothing (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) and hats – broad brim hats that protect the face, neck and ears
- Shade – trees, shelters and buildings
- 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.

#### **Implementation:**

- To assist with the implementation of this policy, staff and students are encouraged to access the daily local sun protection times via the free SunSmart app, or at [sunsmart.com.au](http://sunsmart.com.au)
- All children to wear appropriate hats and clothing at recess and lunch time every day.
- Children without hats or appropriate clothing to stay in the shade.
- Sunscreen (SPF 30+ or higher) be made available to children during school times and when they require it.
- Children are reminded to apply sunscreen before going outdoors.
- Sunscreen is applied at least 20 minutes (where possible) before going outdoors and reapplied every two hours if outdoors.
- 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 skin are not required to wear sunscreen to help with vitamin D requirements.
- Special efforts are made to provide shade and sunscreen during sports and other outdoors events.
- Students are encouraged to use available areas of shade when outside.
- Programs on sun protection are included in the curriculum for all year levels.
- Sunsmart activities to be reinforced through newsletters, assemblies and other communications.
- The school is to provide shade shelters and trees and consider developing further shade areas particularly in areas where children congregate e.g. lunch, canteen, outdoor lesson areas and popular play areas.
- Suitable sunglasses are allowed and encouraged for outdoor wear (labelled AS 1067 category 2, 3 or 4).

- As part of OHS UV risk controls and role-modelling staff, parents and other adults to act as role models for SunSmart behaviour by wearing a sun protective hat, covering clothing and, if practical, sunglasses, applying sunscreen, and seeking shade whenever possible.

### Further information

The SunSmart Website <http://www.sunsmart.com.au/>

The Cancer Council Website <http://www.cancervic.org.au/>

### Relevant Documents / Links

1. SunSmart [Sun protection resources and information for schools](#)
  2. SunSmart [Sun protection advice for parents and carers](#)
  3. SunSmart [Sun protection information in different languages](#)
  4. Department of Education and Training (Vic): Policy & Advisory Library [Sun and UV Protection policy](#) 2020
- Department of Education and Training (Vic): Policy & Advisory Library [Outdoor activities and working outdoors](#) (2020)
  - Department of Education and Training (Vic): Policy & Advisory Library [Risk management – schools](#) 2021
  - Victorian School Building Authority (VSBA) [Building Quality Standards Handbook](#) (BQSH): Section 5.1.4 Shade Areas (May 2021)
  - Victorian Registration and Qualifications Authority (VRQA) [Guidelines to the Minimum Standards and Requirements for School Registration](#) - Care, safety and welfare of students p.23 (January 2022)
  - Victorian Institute of Teaching (VIT), [The Victorian Teaching Profession's Code of Conduct](#) - Principle 3.2 (May 2021)
  - [Australian Professional Standards for Teachers](#) (AITSL) – Standard 4.4 and 7.2
  - [Victorian Early Years Learning and Development Framework](#) (VEYLDF) (May 2016)
  - Catholic Education Commission of Victoria (CECV) [Your Child's Health Wellbeing and Safety \(Parent Handbook\)](#)
  - Education and Training Parliamentary Committee Inquiry into [Dress Codes and School Uniforms in Victorian Schools – Final Report](#) (2007)
  - Australian Radiation Protection and Nuclear Safety Authority [Radiation Protection Standard for Occupational Exposure to Ultraviolet Radiation](#) (2006)
  - Safe Work Australia: [Guide on exposure to solar ultraviolet radiation \(UVR\)](#) (Mar 2020)
  - AS 4174:2018 Knitted and woven shade fabrics
  - AS/NZS 1067.1:2016 (Amd 2021), Eye and face protection - Sunglasses and fashion spectacles
  - AS 4399:2020, Sun protective clothing - Evaluation and classification
  - AS/NZS 2604:2021 Sunscreen products - Evaluation and classification
  - Therapeutic 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
  - Achievement Program for secondary schools: [sun protection benchmarks](#)
  - Department of Health and Human Services (Vic): [School shade grants program](#)
  - United Nations. 1989. [“Convention on the Rights of the Child.”](#) Treaty Series 1577 (November): 3
  - World Health Organization and the United Nations Educational, Scientific and Cultural Organization, Health Promoting Schools – [global standards and indicators](#)

### Review Period:

*This policy was last updated and approved by School Council on 20<sup>th</sup> June, 2022, and is scheduled for review in June 2025*