

SUNSMART

Koroit and District Primary School

Rationale

Koroit and District Primary School acknowledges the importance of a healthy ultraviolet (UV) exposure balance that contributes to good health and overall wellbeing.

This policy confirms our commitment to:

- ensuring all students, staff and families have some UV exposure for vitamin D
- encouraging students, staff and families to use a combination of sun protection measures whenever UV Index levels reach 3 and above
- working towards a safe outdoor environment that provides shade for students, staff and families at appropriate times
- assisting students to be responsible for their own sun protection
- ensuring that families and new staff are informed of the school's sun protection measures.

As a health promoting school we will support the sun protection of students, staff and families through learning, policies, creating a safe and healthy physical and social environment, and developing community links and partnerships.

Background

A balance of UV exposure is important for health. Too much of the sun's UV can cause sunburn, skin and eye damage, and skin cancer. Sun exposure in the first 10 years of life is a major factor in determining future skin cancer risk.

Too little UV from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health.

A combination of sun protection measures are needed for all outdoor activities from September to the end of April and whenever UV levels reach 3 and above - the level at which damage to skin and eyes can occur.

Whole school engagement

It is recognised that every member of Koroit and District PS has an impact on students' health and can contribute to creating an environment that promotes a healthy UV exposure balance. All members of our school community including staff, students, families and volunteers will be supported to meet this policy.

Definitions

SunSmart Schools Program: Membership program that promotes a healthy UV exposure balance and provides support and resources for school. Visit sunsmart.com.au or call 13 11 20.

SunSmart UV Alert: Indicates daily sun protection times and is available as a free SunSmart app, online (sunsmart.com.au or bom.gov.au/weather/uv), in the weather section of newspapers, or as a free widget that servicescan add to their website. The sun protection times indicate when the UV index is forecast to be at level 3 or above.

Aims and Implementation

Staff are encouraged to access the SunSmart UV Alert at sunsmart.com.au to find out daily local sun protection times to assist with the implementation of this policy.

A combination of sun protection strategies are used during the daily sun protection times (issued whenever the UV reaches 3 and above), typically from September until the end of April.

Healthy policies

- Staff, families and students are active participants in the development and implementation of the whole school sun protection policy and are seen as key partners in promoting and supporting a healthy UV exposure balance in the school.
- Staff, families and students are provided with information about policy requirements.

Healthy physical environment

- The school council makes sure there are sufficient shelters and trees providing shade in outdoor areas.
- The availability of shade is considered when planning all outdoor activities, on and off site.
- Students are encouraged to use available areas of shade when outside.
- Students who do not have appropriate hats or outdoor clothing are asked to play in the shade or a suitable area protected from the sun.
- In consultation with the school council, shade provision is considered in plans for future buildings and grounds.
- A shade audit is conducted regularly to determine the current availability and quality of shade.

Healthy social environment

Slip on sun protective clothing

- 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 elbow length sleeves, longer style dresses and shorts and rash vests or t-shirts for outdoor swimming.

Slop on SPF 50+ sunscreen

- Students should provide their own SPF 50+ broad-spectrum, water resistant sunscreen.
- The school supplies SPF 50+ broad-spectrum, water resistant sunscreen for use by staff and students, but children with particular allergies to sunscreen are advised to bring their own.
- Students are encouraged to apply SPF 50+ broad-spectrum sunscreen when outdoors during September - April, and whenever UV index levels reach 3 and above.
- Sunscreen is applied at least 20 minutes before going outdoors, where possible, 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; however, eye protection is still required (which can be broad brimmed hats)
- To support positive role modelling, staff and families are encouraged to apply SPF 50+ broad-spectrum, water resistant sunscreen when outdoors during September - April, and whenever UV index levels reach 3 and above.

Slap on a hat

- Students are required to wear broad brimmed hats that protect their face, neck and ears whenever they are outdoors during September - April, and whenever UV index levels reach 3 and above. Baseball or peak caps are not considered a suitable alternative.
- Slide on some sunglasses, if practical.
- To support positive role modelling, staff and families are encouraged to wear protective hats when outdoors during September - April, and whenever UV index levels reach 3 and above.

Slide on some sunglasses are an option

- Students and staff have the option 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.
- To support positive role modelling staff and families are encouraged to wear protective sunglasses when outdoors during September-April, and whenever UV levels reach 3 and above. Broad brimmed hats are essential to also protect eyes.

Learning and skills

- Sun protection and vitamin D education is incorporated into the curriculum, across multiple key learning areas.
- Staff are supported to access resources, tools and professional learning to enhance their knowledge and capacity to promote sun protection and vitamin D across the curriculum.

Engaging children, young people, staff and families

- Students are consulted about sun protection and vitamin D initiatives via junior school council, student action teams or other representative structures
- Families and staff are, on a regular basis, provided with information, ideas and practical strategies to support healthy UV exposure at school and at home.
- Families are encouraged to be involved in sun protection and vitamin D initiatives at school.
- Families and students from culturally diverse backgrounds are engaged to ensure cultural values and expectations about sun protection and vitamin D are respected.
- Staff and families are provided with information on sun protection and vitamin D through family newsletters, noticeboards and the school's website.
- As part of OHS UV risk controls and role-modelling, when the UV index level is 3 and above staff:
 - wear sun protective hats, clothing and sunglasses when outside
 - apply SPF 50+ broad spectrum, water resistant sunscreen
 - seek shade whenever possible.

Community partnerships

- The school engages local health professionals, services and other organisations to increase staff capacity to support a healthy UV exposure balance.

Relevant accountability documents

DEECD [School Policy and Advisory Guide: Sun and UV Protection](#)

Related school policies

- Staff Health and Wellbeing Policy
- Health and Physical Education Policy
- Health Promoting and Safe Environments School Policy

Evaluation:

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

Implemented	February 2018
Review Date	February 2021