



Help for Non-English Speakers

If you need help to understand the information in this policy please contact Kalinda Primary School on (03) 9876 3289.

SUNSMART POLICY

PURPOSE

The purpose of this policy is to encourage behaviours at Kalinda Primary School (Kalinda PS) to protect and minimise the risk of skin and eye damage and skin cancer.

FACT: More than two out of three Australians will be diagnosed with skin cancer in their lifetime!

This policy provides guidelines to:

- support staff and students to use a combination of sun protection measures when UV index levels are 3 or above (generally middle of August – end of April)
- ensure that there are outdoor environments that provide adequate shade for students and staff
- ensure students are encouraged and supported to develop independent sun protection skills to help them to be responsible for their own protection
- support our school's strategies to meet its duty of care and occupational health and safety obligations to minimise harmful UV exposure and associated harm for students and staff.

SCOPE

This policy applies to all Kalinda PS activities, including camps and excursions. It is applicable to all students and staff.

BACKGROUND

A balance of ultraviolet radiation (UV) exposure is important for health. Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. Exposure to the sun's UV during childhood and adolescence is associated with an increased risk of skin cancer in later life. 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.

POLICY

Kalinda PS is committed to the maintenance of its accreditation as a 'Sunsmart' school from the Anti-Cancer Council of Victoria.

Excessive exposure to the sun's ultraviolet (UV) radiation can cause health problems including sunburn, damage to skin and eyes, and an increased risk of skin cancer.

UV radiation:

- cannot be seen or felt
- can be reflected off surfaces such as buildings, asphalt, concrete, water, sand and snow
- can pass through light clouds
- varies in intensity across the year (highest in Victoria from mid-August – end of April)
- peaks during school hours.

Sun safety is a shared responsibility and staff, parents and students are encouraged to implement a combination of sun protection measures whenever UV levels reach 3 and above (typically from mid-August to



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the end of April in Victoria). Information about the daily local sun protection times is available via the free SunSmart app, or at sunsmart.com.au or bom.gov.au.

Kalinda PS has the following measures in place to help reduce the risk of excessive UV sun exposure for staff and students.

Implementation and Procedures

Staff and students are encouraged to access the daily local sun protection times at sunsmart.com.au or on the free SunSmart app to assist with the implementation of this policy.

A combination of sun protection measures are used for all outdoor activities from September to the end of April and whenever UV levels reach 3 and above.

Whenever possible, outside activities on days with a high UV index rating will be scheduled before 11:00AM.

Healthy Physical Environment

- Seek Shade
- Students without broad-brimmed hats will be restricted to play in designated shaded areas.
- Slop on sunscreen
- Students and staff are encouraged to provide their own SPF 30 (preferably higher – SPF50) broad spectrum, water resistant sunscreen
- Students and staff will be actively encouraged to apply their sunscreen, particularly when they will be spending an extended period outdoors
- With parental consent, students with naturally very dark skin are not required to wear sunscreen to help with vitamin D requirements.
- Slide on sunglasses [if practical]
- 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.

Healthy Social Environment

From September to the end of April and whenever UV levels reach 3 and above:

- Slip on sun protective clothing
- Sun protective clothing is included in our school uniform / dress code
- Slap on a hat
- All students are required to wear school uniform, broad brimmed hats whenever they are outside (Baseball or peak caps and visors are not considered a suitable alternative).
- Staff will act as role models by also wearing broad brimmed hats
- Participation in outdoor Physical Education or sport sessions is reliant upon children wearing their broad brimmed hat.

The School Council will ensure the school uniform broad brimmed hats are available for purchase from the uniform shop.

Shade

Kalinda PS will provide sufficient options for shelter and trees to provide shade on school grounds, particularly in places such as:

- where students congregate for lunch
- the canteen
- outdoor lesson areas
- popular play areas
- assembly areas
- sporting grounds.



When building works or grounds maintenance is conducted at Kalinda PS that may impact on the level of shading available to staff and students, a review of the shaded areas available will be conducted and further shading installed as appropriate.

A shade audit is conducted regularly to determine the current availability and quality of shade. The school council will provide adequate shade structures for students as practical. The availability of shade is considered when planning outdoor activities and excursions.

In consultation with the school council, shade provision is considered in plans for future buildings and grounds.

Sun protective uniform/clothing

Kalinda PS recommends that from mid-August to end of April, and whenever UV levels reach 3 and above, students come to school wearing sun-protective clothing such as:

- loose, cool, closely-woven fabric
- shirts with a collar and/or high necklines
- tops with elbow length or long sleeves
- longer style shorts and skirts
- rash vests or t-shirts for outdoor swimming activities.

Kalinda PS's school uniform and dress code includes sun-protective clothing, including:

- loose, cool, closely-woven fabric
- shirts with a collar and/or high necklines
- tops with elbow length or long sleeves
- longer style shorts and skirts
- rash vests or t-shirts for outdoor swimming activities.

At Kalinda PS we expect students to take responsibility for being SunSmart by wearing a school hat during outdoor activities or staying in the shade, if they are not wearing sunscreen.

Students are encouraged to wear a school hat or another hat style that protects the face, neck and ears when outdoors, for example broad-brimmed, legionnaire or bucket. Students who are not wearing appropriate protective clothing or a hat may be asked to play in the shade or in a suitable area protected from the sun.

Sunscreen

Kalinda PS encourages all staff and students to apply SPF30 (preferably higher – SPF 50) broad-spectrum, water-resistant sunscreen daily whenever UV levels reach 3 and above. Sunscreen should be applied at least 20 minutes before going outdoors and reapplied every two hours according to [manufacturer's instructions](#).

Kalinda PS has strategies in place to remind students to apply sunscreen before going outdoors, including reminder notices and announcements.

At Kalinda PS students are welcome to attend the administration office and the school nurse in the first aid room to access sunscreen. Staff and students who may suffer from allergic reactions from certain types of sunscreen are encouraged to contact the Kalinda PS nurse to implement a management plan to reduce the risk of an allergic reaction at school.

Staff and families should role model SunSmart behaviour and are encouraged to apply SPF 30 (preferably higher – SPF 50) broad-spectrum, water-resistant sunscreen when outside.



Sunglasses

Where practical Kalinda PS encourages students and staff engaged in outdoor activities 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.

Curriculum

Students at our school are encouraged to make healthy choices, and are supported to understand the benefits and risks of sun exposure. Kalinda PS will address sun and UV safety education as part of through Sport, Health and Physical Education lessons in years 7 - 10.

Staff are encouraged to access resources, tools, and professional learning to enhance their knowledge and capacity to promote sun smart behaviour across the school community.

Programs on skin cancer prevention and vitamin D are included in the Health and Physical Education curriculum for all year levels.

Engaging Students, Staff and Families

At Kalinda PS SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school website/intranet, staff and parent meetings, school assemblies, student and teacher activities and at student enrolment/new staff orientation.

Families and staff are provided with information, ideas and practical strategies to support UV safety at school and at home. Kalinda PS may provide families and staff with information through newsletters, noticeboards, school website, school assemblies and Year Level meetings.

FURTHER INFORMATION AND RESOURCES

- School Policy Advisory Guide:
 - [Sun and UV Protection Policy](#)
 - [Duty of Care](#)
- [SunSmart](#)

POLICY REVIEW AND APPROVAL

Policy last reviewed	March 2023
Approved by	Principal
Next scheduled review date	March 2026