



Cranbourne East Primary School

SUNSMART POLICY

PURPOSE

The purpose of this policy is to encourage behaviours at Cranbourne East Primary School to minimise the risk of skin and eye damage and skin cancer.

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 mid-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 school activities, including camps and excursions. It is applicable to all students and staff.

POLICY

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

Cranbourne East Primary School has the following measures in place to help reduce the risk of excessive UV sun exposure for staff and students.

School council approved this policy on 15th December 2019.



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Shade

Cranbourne East Primary School has shelter and shade options on school grounds, in the following areas:

- shade sails over junior and senior playground equipment
- the canteen
- shade sails over some play/quiet areas adjacent to the main building
- sheltered undercover-way from the main building to the gymnasium
- some wide main building eaves

When building works or grounds maintenance is conducted at Cranbourne East Primary School 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.

Sun protective uniform/clothing

Cranbourne East Primary School 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.

Cranbourne East Primary School'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.

During Terms 1 and 4 all students **must** wear a sun protective, school-approved hat that shades the face, neck and ears for all outdoor activities. Cap styles do not provide an acceptable level of sun protection. Students who are not wearing a school approved hat may be asked to play in the shade or in a suitable area protected from the sun.

Hats may also be worn for all outdoor activities outside of these terms, by parent or student choice.

Sunscreen

Cranbourne East Primary School encourages all staff and students to apply SPF30 (or higher) 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](#).

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At Cranbourne East Primary School students have access to sunscreen in their learning space and at the Sick Bay. Staff and students who may suffer from allergic reactions from certain types of sunscreen are encouraged to contact the school 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 (or higher) broad-spectrum, water-resistant sunscreen when outside.

Sunglasses

Where practical Cranbourne East Primary School 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. Cranbourne East primary School will address sun and UV safety education as part of our Health Education units.

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.

Engaging students, staff and families

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. Cranbourne East Primary School may provide families and staff with information through newsletters, noticeboards, school website, school assemblies.

FURTHER INFORMATION AND RESOURCES

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

REVIEW CYCLE

This policy was last updated on 2nd December 2019 and is scheduled for review in December 2022.

School council approved this policy on 15th December 2019.