



MACEDON PRIMARY SCHOOL

SUNSMART POLICY

PURPOSE

The purpose of this policy is to encourage behaviours at Macedon Primary School that reflect safe UV exposure to help minimise the risk of skin cancer.

This policy provides guidelines to:

- support staff and students to use a combination of sun protection measures whenever UV levels are 3 or above (mid-August to the end of April) and allow sun exposure when UV levels are below 3 (generally May – mid-August)
- 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 can cause health problems including sunburn, dehydration, damage to skin and eyes, and an increased risk of skin cancer. UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer in later life.

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 to the end of April)
- peaks during school hours

A combination of sun protection measures should be put in place from mid-August to the end of April.

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

Shade

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

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

When building works or grounds maintenance is conducted at Macedon 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

Cool, loose-fitting, sun protective clothing made of densely woven fabric is included in our school uniform / dress code and sports uniform. It includes shirts with collars and elbow-length sleeves, longer dresses and shorts and rash vests or t-shirts for outdoor swimming activities.

Macedon Primary School recommends that from mid-August to the end of April, students wear sun-protective clothing.

At recess and lunch times and any other times when outdoors from mid-August to the end of April all students **must** wear a sun protective hat that protects their face, neck and ears (legionnaire, broad-brimmed or bucket hat).. Students who are not- wearing appropriate protective clothing or a hat will be asked to play in the shade or in a suitable area protected from the sun.

Staff are encouraged to wear hat styles that protect the face, neck and ears when outdoors, for example broad-brimmed, legionnaire or bucket.

Sunscreen

Macedon Primary School encourages all staff and students to apply SPF 30+ (or higher) broad-spectrum, water-resistant sunscreen daily at a minimum from September to the end of April, and whenever UV levels reach 3 and above (typically from mid-August to the end of April). Sunscreen should be applied at least 20 minutes before going outdoors, and reapplied every two hours when outside for extended periods or more frequently if sweating or swimming.

At Macedon Primary School students are welcome to attend 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 administration staff 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 from- mid-August to the end of April or whenever UV levels reach 3 and above.

Strategies are in place to remind students to apply sunscreen before going outdoors (e.g., reminder notices, sunscreen monitors, sunscreen buddies).

Curriculum

School council approved this policy on [20 November 2018](#)~~[insert date here]~~

Students at our school are encouraged to make healthy choices, and are supported to understand the benefits and risks of sun exposure. Macedon Primary School will address sun, UV safety and Vitamin D education as part of teaching the health curriculum for all year levels.

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

Engaging students, staff and families

Families and staff are provided with information, ideas and practical strategies to support UV safety and Vitamin D education at school and at home. Macedon Primary School may provide families and staff with information through newsletters, noticeboards, school website, and social media pages.

As part of OHS UV risk controls and role-modelling, staff, families and visitors:

- Wear a sun protective hat, covering clothing and, if practical, sunglasses;
- Apply sunscreen; and
- Seek shade whenever possible.

FURTHER INFORMATION AND RESOURCES

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

REVIEW CYCLE

This policy was last updated November 14 2018 and is scheduled for review in November 2021.