



MALVERN VALLEY PRIMARY SCHOOL

SUN SMART POLICY

RATIONALE

The purpose of this policy is to encourage behaviours at Malvern Valley Primary School that reflect a healthy UV exposure balance, ensuring some sun exposure for Vitamin D while minimising the risk of health problems caused by excessive sun exposure.

A balance of sun exposure is important for health. Excessive exposure to the sun can cause health problems including sunburn, dehydration, damage to skin and eyes, and an increased risk of skin cancer. Too little UV exposure from the sun can lead to low Vitamin D levels. Vitamin D is essential for healthy muscles and bones, and overall health.

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 September - April)
- Peaks during school hours

SCOPE

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

AIMS

The aim of the SunSmart Policy is to:

- To create healthy environments and encourage appropriate behaviours to allow some UV exposure for vitamin D and minimise overexposure to reduce skin and eye damage and skin cancer risk
- To encourage behaviour change through education and role-modelling
- To protect staff and students from harm caused by overexposure to ultraviolet (UV) radiation.
- 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.

IMPLEMENTATION

Malvern Valley Primary School has the following measures in place to help reduce the risk of excessive UV sun exposure from September to the end of April for staff and students.

All students will be required to wear School Council approved school uniform, which will include shirts and dresses with collars, long sleeved garments, longer styled shorts and skirts, and broad brimmed hats (at least 6 cm rigid brim) from September through to April inclusive to ensure they are well protected when outside.

The school's SunSmart policy is considered when planning all outdoor events e.g. assemblies, camps, excursions and sporting events. Where possible, outdoor activities or events will be held earlier in the morning or later in the afternoon, or activities or events will be held indoors.

SHADE

Malvern Valley Primary School will provide for 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 (Junior and Senior Playground)

When building works or grounds maintenance is conducted at Malvern Valley 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.

CLOTHING / HATS / SUNGLASSES (OPTIONAL) / SUNSCREEN

Malvern Valley Primary School's uniform and dress code includes sun-protective clothing, made from close weave fabric, including shirts with collars and longer sleeves, longer style dresses and shorts, wide-brimmed hats.

At recess and lunch times from September to April all students must wear a hat when playing outside. Students who do not have a hat will be required to play in the Amphitheatre.

Children will be actively encouraged to wear a broad-spectrum water resistant sunscreen (SPF30+) from September to the end of April. Sunscreen will be provided in each classroom, and on excursions. Sunscreen will generally be applied by students themselves, under the supervision of teachers. Sunscreen should be applied at least 20 minutes before going outdoors, and reapplied every two hours if necessary.

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 September to the end of April.

CURRICULUM

Students at our school are encouraged to make healthy choices, and are supported to understand the benefits and risks of sun exposure. Malvern Valley Primary School will address sun, UV safety and Vitamin D education as part of Health-based Inquiry Units and the Health and Physical Education part of the Victorian Curriculum.

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.

RESOURCES

- School Policy Advisory Guide:
 - [Sun and UV Protection Policy](#)
 - [Duty of care](#)
- [SunSmart – Accessed at: http://www.sunsmart.com.au/communities/early-childhood-primary-schools/sample-policies](http://www.sunsmart.com.au/communities/early-childhood-primary-schools/sample-policies)

EVALUATION

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

RATIFIED BY SCHOOL COUNCIL: 2019

TO BE REVIEWED: 2022