



MIRBOO NORTH PRIMARY SCHOOL

Sunsmart Policy



Help for non-English speakers

If you need help to understand this policy, please contact Mirboo North Primary School on (03) 5668 1375 or email mirboo.north.ps@education.vic.gov.au

PURPOSE

The purpose of this policy is to support sun protection behaviours at Mirboo North Primary School to minimise risk of health problems from sun overexposure, including 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

Overexposure 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 damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer later in 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 September - 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. Information about the daily local sun protection times is available via the free [SunSmart app](#), or at sunsmart.com.au or bom.gov.au.

Mirboo North Primary School **has** the following measures in place for all outdoor activities during the daily sun protection times to help reduce the risk of excessive UV sun exposure for staff and students.

Shade

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

- over play equipment
- where students congregate for lunch
- outdoor lesson areas
- popular play areas
- assembly areas
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Students are encouraged to use available areas of shade when outdoors during peak sun protection times, particularly if they do not have appropriate hats or outdoor clothing.

When building works or grounds maintenance is conducted at Mirboo North 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

Mirboo North 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
- rash vests or t-shirts for swimming specific lessons (No rash vest in pool required whilst competing).

At recess and lunch times in Term 1 and 4, all students **must** wear a school endorsed broad brim hat when playing outside and during instruction time in outdoor areas.

Students who may not be wearing appropriate protective clothing or a hat during Term 1 and 4 will be asked to play in the shade or in a suitable area protected from the sun.

Mirboo North Primary School's uniform or dress code applies on and off-site unless otherwise advised. When students are not required to wear school uniform (such as school camps, free dress day), Mirboo North Primary School will ensure steps are taken to encourage students to wear sun-protective clothing whenever UV levels reach 3 and above.

Sunscreen

Mirboo North 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. Sunscreens should be applied at least 20 minutes before going outdoors, and reapplied every two hours according to manufacturer's instructions.

At Mirboo North Primary School, students are able to access sunscreen in their classroom. Families of students and students who may suffer from allergic reactions from certain types of sunscreens are strongly recommended to supply their own and submit a management plan to help reduce the 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

Curriculum

Students at our school are encouraged to make healthy choices and are supported to understand the benefits and risks of sun exposure. Mirboo North Primary School will address sun, UV safety education as 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 education across the school community.

Staff role-modelling and OHS

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.

UV radiation exposure is considered as part of our school's risk management and assessment for all outdoor events and activities, i.e. UV radiation protection strategies are included in school camp activities, excursions, sports days and interschool sports events.

Families and visitors

Families and visitors participating in and attending outdoor school activities are encouraged to:

- wear a sun-protective hat, covering clothing and, if practical, sunglasses;
- apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen; and
- seek shade whenever possible when outdoors.

Community engagement

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

Families, students and staff are provided with information, ideas and practical strategies to support UV safety at school and at home. Mirboo North Primary School may provide information through i.e. newsletters, noticeboards, school website, school assemblies.

COMMUNICATION

This policy will be communicated to our school community in the following ways:

- Available publicly on our school's website
- Included in staff induction processes
- Included in staff handbook/manual
- Reminders in our school newsletter
- Hard copy available from school administration upon request.

FURTHER INFORMATION AND RESOURCES

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

This Policy was adopted and ratified at the School Council Meeting held at Mirboo North Primary School

On 8th August, 2024

Signed: Veronica Halliday
School Council President

Signed: Matthew Snell
Principal

Next Review _____ June 2026 _____