

PURPOSE

The purpose of this policy is to encourage behaviours at Murchison Primary School that reflect a healthy UV exposure balance, ensuring some sun exposure for vitamin D while minimising the risk of skin cancer.

This policy provides guidelines to:

- support staff and students to use a combination of sun protection measures all year
- 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

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

When predicted UV levels are 3 and above during the months of September through to April, a combination of sun protection measures should be put in place.

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

Shade

Murchison Primary School will provide for sufficient options for shelter and trees to provide shade on school grounds.

When building works or grounds maintenance is conducted at Murchison 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 and hats

Murchison 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
- broad brimmed hats
- sunglasses (optional)

When predicted UV levels are 3 and above during the months of September through to April, students must wear a hat at recess and lunch times and when playing outside.

Staff and families should role model SunSmart behaviour and are encouraged to apply SPF 30+ (or higher) broad-spectrum, water-resistant sunscreen and wear a hat when outside from September to April, and whenever UV levels reach 3 and above.

Sunscreen

Murchison 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. Sunscreen should be applied at least 20 minutes before going outdoors and reapplied every two hours if necessary. Murchison Primary School has strategies in place to remind students to apply sunscreen before going outdoors. Murchison Primary School students are welcome to access sunscreen in their classrooms. Staff and students who may suffer from allergic reactions from certain types of sunscreen are encouraged to provide their own sunscreen.

Curriculum

Students at our school are encouraged to make healthy choices and are supported to understand the benefits and risks of sun exposure. 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.

FURTHER INFORMATION AND RESOURCES

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

REVIEW CYCLE

This policy was last updated in July 2019 and is scheduled for triennial review.