

SunSmart Policy

Rationale

Mount View Primary School acknowledges that it has a responsibility to create environments and encourage behaviours which reflect a healthy UV exposure balance; ensuring some sun exposure for vitamin D while minimising the risk of skin cancer. Overexposure to UV during childhood and adolescence is a major factor in determining future skin cancer risk. Melanoma is the most common cancer in young Australians aged 13-24 years.

Aims

- To reduce the risk of students developing skin cancer during their lifetimes.
- To foster the belief that sun protection is necessary and achievable.
- To develop knowledge and skills that will enable students to make informed choices about sun protection.
- To encourage students, staff and the wider community to take an increasingly active and responsible role in providing for their own sun protection.

Implementation

- Shade:
 - The school will ensure there are sufficient shelters and trees to adequately shade the school grounds, particularly in outdoor lesson areas, popular play areas, assembly areas and sporting grounds.
 - The School Council and Principal will ensure there is provision for shade in planning for future buildings and grounds.
 - The school will consider the availability of shade when planning excursions and other outdoor activities/events.
 - The school will mandate that all staff and students that are not equipped with appropriate SunSmart personal protective equipment will stay in designated shaded areas during Term One and Term Four of each school year.
- Personal protective equipment:
 - Students and staff will be required to wear **hats** which protect the face, neck and ears Term One and Term Four of each school year.
 - The school uniform includes sun-protective **clothing**:
 - shirts with a collar and/or higher necklines
 - tops with elbow length or long sleeves
 - longer style shorts and skirts
 - Note: Sleeveless or singlet tops offer little protection and are only considered suitable as part of a swimming uniform during competition and worn with SPF 30 (or higher) broad spectrum, water-resistant sunscreen.
 - Staff dress should be suitable to the role, tasks and functions they perform and take into account health and safety issues pertaining to the SunSmart Policy.
 - When outside, during periods when UV levels are 3 or above, students and staff are encouraged 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.
 - The school will encourage, and remind students and staff, to apply SPF 30 (or higher) broad spectrum, water-resistant **sunscreen** at the start of the day and prior to going outside when UV levels are 3 or above (generally from September to April in Victoria). Sunscreen will be accessible to staff and students at school, on camps and excursions.
- The Curriculum will include education about skin cancer prevention and healthy UV exposure levels for all year levels as appropriate.

- On days of UV levels of 11+ timetables may be changed so that high risk activities take place at low risk times or low risk locations. This may include restricting outside time to shaded areas.
- The SunSmart Policy and associated practices will be reviewed every three years.

Related Policies and Legislation

- Uniform Policy
- Staff Dress Code
- Occupational Health and Safety Act 2004