



Help for non-English speakers

If you need help to understand the information in this policy, please contact Lara Lake Primary School on 5282 1261.

PURPOSE

The purpose of this policy is to support sun protection behaviours at Lara Lake 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 to the end of April in Victoria)
- 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 on and off-site, 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 day and the year (highest from mid-August to the end of April in Victoria)
- 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 or 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.

On days of extreme weather conditions, the Principal and Administration team will monitor the conditions carefully using the Bureau of Meteorology website. Once the temperature has reached 34.0 degrees an extreme weather timetable must be called, regardless of the 'feels like' temperature. The Principal Class team can use their discretion to call an extreme weather timetable when temperatures are lower than 34.0 degrees.

Lara Lake Primary School has the following measures in place for all outdoor activities during the daily sun protection times to help reduce the risk of over-exposure to UV radiation for staff and students.

Shade

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

- junior playgrounds
- where prep students eat their lunch
- covered deck
- amphitheatre

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 Lara Lake Primary School that may impact on the level of shade 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

Lara Lake Primary School recommends that from mid-August to end of April, and whenever UV levels reach 3 and above, students come to school wearing sun-protective clothing such as:

- loose, cool, densely woven fabric
- shirts with a collar and/or high necklines
- tops with elbow length or long sleeves

Lara Lake 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), Lara Lake Primary School will ensure steps are taken to encourage students to wear sun-protective clothing whenever UV levels reach 3 and above.

Hats

From September 1st to the 30th of April, all students **must** wear a wide-brimmed school hat when participating in any outdoor activity (including recess/lunch breaks).

Baseball or peaked caps and sun visors are not permitted.

Students who are not wearing their wide-brimmed school hat will be sent to a designated shaded area.

Sunscreen

Lara Lake Primary School encourages all staff and students to apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen daily whenever UV levels reach 3 and above. Sunscreen should be applied at least 20 minutes before going outdoors, and reapplied every two hours (or more frequently if sweating or swimming).

Lara Lake Primary School supplies SPF30 (or higher) broad-spectrum, water-resistant sunscreen for staff and students to use and the location is communicated to all staff and students, so it is readily accessible, and students and staff are reminded and encouraged to bring their own SPF30 (or higher) broad-spectrum, water-resistant sunscreen to school. Students are encouraged to apply sunscreen before school and at, or during, recess time to maximise protection throughout the day.

Lara Lake Primary School has strategies in place to remind students to apply sunscreen before going outdoors.

These are as follows:

- Sunscreen on display in all classrooms.
- Sunscreen monitor appointed to each classroom to provide daily reminders to apply sunscreen at regular intervals.
- Posters displayed in each classroom to remind students to apply and reapply.
- Regular reminders from the classroom teacher.

Curriculum

Students at our school are encouraged to make healthy choices. They are supported to understand effects of sun exposure and are encouraged to be involved in initiatives to promote and model sun protection measures to the whole school.

Community engagement

Sun protection behaviour is regularly reinforced and promoted to the whole school community through newsletters, school website/intranet, 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. Lara Lake Primary School may provide information through the Weekly Wrap, school website and school assemblies.

FURTHER INFORMATION AND RESOURCES

- the Department's Policy and Advisory Library:
 - [Sun and UV Protection Policy](#)
 - [Heat Health](#)
 - [Outdoor Activities and Working Outdoors](#)
 - [Risk Management – Schools](#)
 - [Shade Sails](#)
 - [Student Dress Code](#)

- [SunSmart](#) and Cancer Council Victoria.
- [Primary schools](#) free education resources, sample policies and information about the free [SunSmart Schools Program](#).
- [Secondary schools](#) free education resources and sample policies.
- [Sunscreen reactions](#).

POLICY REVIEW AND APPROVAL

Policy last reviewed	October 2023
Approved by	School Council
Next scheduled review date	August 2027