



Sun Safe Policy

This policy applies to all school activities and events on and off-site.

Rationale

A balance of ultraviolet (UV) radiation exposure is important for health. Too much of the sun's UV radiation can cause sunburn, skin and eye damage and skin cancer. Sun exposure during childhood and adolescence is a critical factor in determining future skin cancer risk.

Too little UV radiation from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health. Sensible sun protection when UV is 3 and above does not put people at risk of vitamin D deficiency.

Objectives

The aims of the Sun Protection Policy at Keller Rd are to promote among students, staff and parents:

- Positive attitudes toward skin protection & assist students to be responsible for their own sun protection.
- Encourage personal responsibility for the decision making about skin protection to use a combination of sun protection measures whenever UV Index levels reach 3 or above.
- Encourage the entire school community to use a combination of sun protection measures whenever UV Index levels reach 3 and above.
- Ensure all students and staff have some UV exposure for vitamin D.
- Ensure that families and new staff are informed of the school's Sun Protection policy.
- Work towards a safe school environment that provides shade for students, staff & the school community at appropriate times.

Legislation

- Work Health and Safety Act 2012

Sun protection strategies

All our children and staff use a combination of sun protection measures whenever the UV Index reaches 3 and above to ensure they are well protected from the sun. Particular care is taken during the peak UV times of the day and outdoor activities are scheduled outside of these times where possible.

Staff are encouraged to check the daily sun protection times each morning for our location using the free [SunSmart Global UV app](#), myuv.com.au or the [Bureau of Meteorology website](#) to assist with the implementation of this policy.

The school uses a combination of sun protection measures for all outdoor activities from **1st August to 30th April** and whenever UV levels reach 3 and above at other times.

Our sun protection policy is taken into consideration when planning all outdoor activities and if possible we avoid peak UV times of the day for events such as Sports Day, Excursions and Sports meetings. We use indoor venues for swimming.

Sun protection measures

1. Shade

- A shade audit is conducted regularly to determine the current availability and quality of shade.
- The Governing Council and the Principal ensure there are sufficient numbers of shelters and trees providing shade in the school grounds, particularly in areas where students congregate e.g. outdoor lesson areas and popular play areas.
- The availability of shade is considered when planning excursions and all other outdoor activities.
- In consultation with the school council, shade provision is considered in plans for future buildings and grounds.
- Care is taken during the peak UV radiation times, and outdoor activities are scheduled outside of these times or in the shade where possible. Sports days and other outdoor events to be held during term two or earlier in the day where practical.



Keller Road Primary School

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- Staff are to use available areas of shade for outdoor activities as much as possible and actively encourage students to play in the shade.
- Students who do not have appropriate hats or clothing are asked to play in the shade or a suitable area protected from the sun.

2. Clothing

Students are expected to wear shorts, t-shirts, track pants, windcheaters, polo shirts or dresses in the school colours. Clothing should have elbow length sleeves, shirts with collars, longer style cotton dresses & shorts, loose fitting & made of closely woven fabric.

- Suitable uniform items including hats can be ordered from the Front Office.
- The Governing Council has as one of its roles the power to develop a school dress code and we ask that parents support us in keeping to it.
- Students attending school in singlets or unsuitable clothing are provided with replacement clothing and the parents are advised.
- Suitable sun protection clothing such as rash tops or t-shirts over bathers are recommended for outdoor swimming activities.

3. Sunglasses

Students and staff are encouraged to wear close fitting, wraparound sunglasses that meet the Australian Standard AS/NZS 1067. (Sunglasses: lens category two, three or four) and cover as much of the eye area as possible. Novelty tinted glasses do not protect against UV radiation and are not recommended.

4. Hats

All students and staff are required to wear hats that protect their face, neck, and ears: either broad-brimmed or bucket hats whenever they are outside.

- Baseball caps are not allowed
- All current students at the school have been given a sun safe hat which is to remain at school
- New students to our school are given a sun safe hat
- Sun safe hats are always available in the front office for sale
- Students who are not wearing appropriate hats are asked to play in areas protected from the sun.

5. Sunscreen

SPF50+broad spectrum water-resistant sunscreen is available for staff and student use.

- This is available at school sporting events for all to use.
- Students are reminded to use sunscreen from 1st August to 30th April, and whenever UV levels reach 3 and above at other times.
- Students are reminded to apply sunscreen at least 20 minutes (where possible) before going outdoors and reapplied every 2 hours if remaining outdoors.
- Students are encouraged to apply sunscreen before or upon arriving at school.
- Sunscreen is re-applied immediately after perspiring, water-based activities, towel drying or being washed off.
- Strategies are in place to remind students to apply sunscreen before going outdoors such as reminder notices, staff reminders and encouragement, SunSmart posters.
- Families with children who have naturally very dark skin are encouraged to discuss their vitamin D requirements with their GP or paediatrician.
- Alternatively, families and staff are asked to supply their own sunscreen in cases of concerns related to skin sensitivities and allergies.



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6. Curriculum

- Programs on skin cancer prevention are included in the curriculum for all year levels.
- SunSmart information is reinforced and promoted to the Keller Rd community through the newsletter, the school website, the school community notice board, at assemblies and in the Parent Enrolment Handbook.

7. WH&S and role modelling

As a Work Health and Safety UV risk control, staff are expected to role model SunSmart behaviours. When the UV is 3 and above staff will:

- Wear sun protective hats, clothing and sunglasses when outside
- Apply, and encourage the use of SPF 50+ or higher broad spectrum, water resistant sunscreen.
- Seek shade whenever possible.

Families and visitors to Keller Road Primary School are encouraged to use a combination of sun protection measures e.g. sun protective clothing and hats, sunglasses, sunscreen and shade, when participating in and attending outdoor school activities.

Policy review

The Governing council and staff regularly monitor and review the effectiveness of the sun protection policy (at least every three years) and revise the policy when required.

Date of next policy review: September 2027

Relevant resources

- **Twinkl Curriculum Resource:** Free sun protection curriculum resources suitable for Foundation to Year 6 to be used in classroom teaching and learning activities. Visit: [Foundation – Year 6 sun safety curriculum resources](#)
- **SunSmart Literature Activities** Literature resource activities for over 20 picture books with various themes related to the sun, weather, the seasons, sun protection and skin. Visit: <https://www.generationsunsmart.com.au/resources/sunsmart-literature-activities/>
- **Creating effective shade:** This online shade audit tool allows you to assess whether your existing shade is adequate. It also helps you develop a list of practical recommendations to improve both built and natural shade. Visit: <http://www.sunsmart.com.au/shade-audit>.
- **SunSmart Hat-Wearing Toolkit:** Leads staff through simple steps, with useful tips and resources to reinforce current SunSmart hat-wearing behaviour to reach 100% compliance or to phase out baseball caps. Visit: <https://www.cancersa.org.au/prevention/sunsmart/sunsmart-resources/hat-wearing-toolkit/>