

**Help for non-English speakers**

If you need help to understand the information in this policy please contact Kensington Primary School.

**PURPOSE**

The purpose of this policy is to encourage behaviours at Kensington Primary School to minimise the risk of skin and eye damage and 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 mid-August – end of 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, typically from mid-August to the end of April in Victoria. Information about the daily local sun protection times is available via the SunSmart widget on the school's website.

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

**Shade**

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

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.

**Sun protective uniform/clothing**

Kensington 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
- longer style shorts and skirts
- rash vests or t-shirts for outdoor swimming activities.

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

### **Hats**

From mid-August to 30 April, all students **must** wear a sun protective hat that shades the face, neck and ears for all outdoor activities. Hats may also be worn for all outdoor activities outside of the August to April time period, by parent or student choice.

Students wear a school hat or a hat that protects the face, head, neck and ears when outdoors, for example broad-brimmed, legionnaire or bucket hat.

Baseball or peaked caps and sun visors are not considered a suitable alternative, as they do not protect the ears, cheeks or neck.

Students who are not wearing appropriate protective clothing or hats will need to use available areas of shade when outdoors or a suitable area protected from the sun.

### **Sunscreen**

Kensington 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 according to [manufacturer's instructions](#).

Parents will be reminded in the school newsletter of the need to ensure that students are wearing SPF 30+ (or higher) broad-spectrum, water resistant sunscreen to school during mid August through to the end of April or whenever UV levels reach 3 and above. Students should also be reminded to bring their own SPF 30+ (or higher) broad-spectrum, water resistant sunscreen to sports and other events where they will be spending significant time outdoors where appropriate.

Staff and families should role model SunSmart behaviour and are encouraged to apply SPF 30 (or higher) broad-spectrum, water-resistant sunscreen when outside.

### **Sunglasses**

Where practical Kensington Primary School encourages students and staff engaged in outdoor activities 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 as possible.

### **Curriculum**

Students at our school are encouraged to make healthy choices and are supported to understand the benefits and risks of sun exposure. Kensington Primary School will address sun and UV safety education as part of the Health and PE curriculum and through the implementation of classroom Units of Inquiry.

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.

### **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 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. Kensington Primary School will provide information through the communication strategies listed below.

### **COMMUNICATION**

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

- available on our school's website
- included in staff induction processes
- discussed at parent information sessions
- reminders in our school newsletter
- discussed in classrooms and school assemblies
- hard copy available from school administration upon request.

### **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.

### **POLICY REVIEW AND APPROVAL**

The recommended minimum review cycle for this policy is 3 to 4 years.

<b>Policy last reviewed</b>	March 2024
<b>Approved by</b>	School Council March 25 <sup>th</sup> 2024
<b>Next scheduled review date</b>	August 2027