



## Mildura Specialist School Sunsmart Policy

### PURPOSE

The purpose of this policy is to encourage behaviours at Mildura Specialist 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

Excessive exposure 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 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, the free SunSmart app, or at [sunsmart.com.au](http://sunsmart.com.au) or [bom.gov.au](http://bom.gov.au).

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

To assist with the implementation of this policy, staff and students are encouraged to access the daily local sun protection times via the SunSmart widget on the school's website, the free SunSmart app, or at [sunsmart.com.au](http://sunsmart.com.au).

## Shade

Mildura Specialist School will provide sufficient options for shelter and trees to provide shade on school grounds, particularly in places such as:

- outdoor lesson areas
- popular play areas
- assembly areas.
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- When building works or grounds maintenance is conducted at Mildura Specialist 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.
- The availability of shade is considered when planning all other outdoor activities.
- Students are encouraged to use available areas of shade when outside.

## Sun protective uniform/clothing

Mildura Specialist 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

From mid August to the end of April **all students and staff 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 during May to August, by parent or student choice.

The SunSmart membership applies to all students and staff within the school, including secondary students. Secondary students are required to adhere to the same sun protection strategies as the primary students.

Staff and students are expected to wear hat styles that protect the face, neck and ears when outdoors, for example broad-brimmed, legionnaire or bucket.

Students are required to wear a school hat or another hat style that protects the face, neck and ears when outdoors, for example broad-brimmed, legionnaire or bucket. Students who are not wearing appropriate protective clothing or a hat may be asked to play in the shade or in a suitable area protected from the sun.

## Sunscreen

Students provide their own SPF 30 (or higher) broad-spectrum, water resistant sunscreen.

OR

The school supplies SPF30 (or higher) broad-spectrum, water resistant sunscreen for staff and student use.

Mildura Specialist 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 (in according to manufacturer's instructions).

Strategies are in place to remind students to apply sunscreen before going outdoors (e.g., reminder notices, sunscreen monitors, sunscreen buddies).

At Mildura Specialist School, students are welcome to attend the front office area to access sunscreen. Staff and students who may suffer from allergic reactions from certain types of sunscreen are encouraged to contact the Assistant Principal to implement a management plan to reduce the risk of an allergic reaction at school.

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 Mildura Specialist 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 area 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. Mildura Specialist School will address sun and UV safety education as part of the Victorian Curriculum Civics and citizenship and Health and Physical Education strands in all year levels.

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.

## OHS

As part of OHS UV risk controls and role-modelling, staff, families and visitors:

- wear a sun protective hat, covering clothing and, if practical, sunglasses;
- apply sunscreen; and
- seek shade whenever possible.

## FURTHER INFORMATION AND RESOURCES

- School Policy Advisory Guide:
  - [Sun and UV Protection Policy](#)
  - [Duty of care](#)
  - [SunSmart](#)

## REVIEW CYCLE

This policy was approved by School Council on 11 November 2019 last updated on 06 November 2019 and is scheduled for review in October 2021.