



St Kilda Primary School

Sun Protection Policy

PURPOSE

The purpose of this policy is to encourage behaviours at St Kilda Primary School that reflect a healthy UV exposure balance, ensuring some sun exposure for vitamin D while minimising the risk of 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 (mid August – 30th April) and allow sun exposure when UV levels are below 3 (generally May – August)
- 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 statement

Too much exposure to ultraviolet (UV) radiation from the sun causes sunburn, skin and eye damage and increases the risk of skin cancer. Sun exposure in the first 15 years of life contributes significantly to the lifetime risk of skin cancer. Australia has one of the highest rates of skin cancer in the world.

Too little UV exposure from the sun can lead to low Vitamin D levels. Vitamin D is essential for healthy muscles and bones, and overall health.

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 September - April)
- peaks during school hours

St Kilda Primary is committed to protecting staff and students from the harmful effects of UV radiation. This policy is followed from the mid-August until the end of April and whenever UV levels reach 3 and above. Hats are not required outside this time so that students may replenish their Vitamin D levels during the cooler months and shorter days.

Guidelines

- To increase student and community awareness about skin cancer and sun protection.
- To encourage the entire school community to use a combination of sun protection measures. Particular care should be taken between 11am and 3pm (daylight saving time) when UV Index levels reach their peak.

- To work towards a safe school environment that provides shade for students, staff and the school community.
- To assist students to be responsible for their own sun protection.
- To ensure that families and new staff are informed of the school's sun protection policy

Implementation

- All students must wear the St Kilda Primary School uniform hat, which protects the face, neck and ears, from mid August to the 30th April when outside during the school day.
- Sun protective clothing is included in our school uniform. School clothing is cool, loose fitting and made of densely woven fabric. It includes shirts with collars and longer sleeves, longer style dresses and shorts.
- Children not wearing the St Kilda Primary School uniform hat or protective covering from mid-August (as close to 15th August as possible) to the 30th April will remain in the designated sheltered area during recess and lunch times, outdoor sports lessons and any other outdoor activity.
- As the school is no longer able to supply sunscreen: parents/carers are encouraged to provide SPF 30+ broad spectrum sunscreen for children to apply during the school day. This should also be taken by the children to outdoor school excursions and sport events from mid-August (as close to 15th August as possible) to the 30th April.
- Children are encouraged to apply SPF 30+ broad spectrum sunscreen before coming to school from mid-August (as close to 15th August as possible) to the 30th April and will be encouraged to reapply the parent/guardian supplied sunscreen again before recess and lunch to prevent SCC and melanoma and to foster independent sun protection behaviors.
- Children will apply the parent/guardian supplied sunscreen prior to outdoor school excursions and sport events from mid-August (as close to 15th August as possible) to the 30th April.
- The school will regularly reinforce SunSmart Behaviors (such as wearing appropriate covered clothing, e.g. collars, high necklines, elbow length sleeves, long shorts and mid length skirts) in a positive way through the school website, Konnective, parent meetings, assemblies, student and teacher activities.
- Staff, parents and visitors will be positive role models by practising SunSmart Behaviours.
- Staff are required to wear broad brimmed hats on yard duty from mid-August (as close to 15th August as possible) to the 30th April, all outdoor activities, excursions and sports events and when appropriate at other times.
- Shade will be made available throughout the school from trees, shelters and shade structures and the Building and Grounds Sub Committee will audit the level of shade available each year and plan for increased shade if required.
- The availability of shade is considered when planning excursions and all other outdoor activities.
- Students are encouraged to use available areas of shade when outside.

Reference

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