

St Francis Xavier Primary School

SunSmart Policy

Rationale:

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

St Francis Xavier Primary School SunSmart policy has been developed to ensure that all students and staff attending our school are protected from skin damage caused by the harmful ultraviolet rays of the sun.

The policy is to be implemented from Mid-August to the end of April when UV radiation is most intense. Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer in later life.

This SunSmart policy provides guidelines to;

- ensure all students and staff are protected from over-exposure to UV radiation,
- ensure the outdoor environment provides shade for students and staff,
- ensure students are encouraged and supported to develop independent sun protection skills to help them be responsible for their own sun protection,
- support our school's strategies to meet its duty of care and occupational health and safety obligations to minimise harmful UV exposure for students, staff and visitors.

Definitions

- **Ultraviolet (UV) radiation** - a type of energy produced by the sun and some artificial sources, such as solariums and collariums. UV can't be seen or felt. The sun's UV can reach you directly and also indirectly (reflected off different surfaces and scattered by particles in the air). At least 95% of skin cancers are caused by UV exposure.
- **Sun protection times** - a forecast by the Bureau of Meteorology for the time-of-day UV levels are predicted to reach 3 or higher (when sun protection is recommended for all skin types). In Victoria, UV levels typically reach 3 or higher daily from mid-August to the end of April. Sun protection times are available for various locations across Victoria, nationally and globally on the free SunSmart Global UV app.
- **Sun protection** - a combination of strategies (clothing, hats, sunscreen, sunglasses and shade) to protect from UV.
- **Shade** - a barrier (built, natural or temporary) that protects from direct UV. Good quality shade can reduce UV by up to 75%. Shade design should also incorporate indirect UV protection through the choice or modification of surrounding surfaces (e.g., dark, natural rough surfaces that reflect less UV).

Implementation:

Staff and students are encouraged to access, display and communicate the daily local sun protection times via the [SunSmart widget](#) on the school's website/intranet, [free SunSmart Global UV app](#), sunsmart.com.au or bom.gov.au.

The sun protection measures listed in this policy are used for all outdoor activities **during the daily local sun protection times**.

At St Francis Xavier Primary School:

Behaviour

- All children are required to wear the approved school uniform hats that protect their face, neck and ears (legionnaire and bucket hats with the school logo are included on the school uniform list), whenever they are outside. Peak caps and visors are not considered a suitable alternative. 'No Hat, No Play. Stay under the Shade' Students are to stay in the shaded area on the top yard if they do not have their school hat.
- All children are required to wear one of the uniform St Francis Xavier school hats (e.g. bucket hat) whenever they are outside (e.g. recess, lunch, sport, excursions).
- Cool, loose-fitting, sun protective clothing made of densely woven fabric is included in our school uniform.
- Staff are required to wear a sun hat whenever they are outside (e.g. recess, lunch, sport, excursions).
- Students and staff are to provide their own SPF 30+ (or higher) broad-spectrum, water-resistant sunscreen.
- Parents are encouraged to apply sunscreen to their children before they arrive at school.
- Children are reminded to apply sunscreen before going outdoors.

- A spare container of sunscreen (SPF 30+ (or higher) broad-spectrum, water-resistant) is housed in the first aid room if required for staff use.
- Sunscreen is applied in accordance with the manufacturer's directions (which state to apply at least 20 minutes before going outdoors and reapply every two hours, or more frequently if sweating or swimming).
- Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminder notices)
- Children and staff may wear sunglasses and if possible encouraged to wear wrap-around sunglasses. Where practical, students are encouraged 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.
- Students are encouraged to use the number of shelters, shade sails and trees on the school grounds as shade.
- UV radiation exposure is considered as part of the school's Risk Assessment and Management for all outdoor events and activities on and off-site, e.g. UV radiation protection strategies (hats, clothing, shade, sunscreen) are included in school camp activities, excursions, sports days and interschool sports events. The availability of shade is considered when planning all other outdoor activities.
- When the temperature reaches **34 degrees Celsius**, all students remain indoors during scheduled recess and lunch breaks and supervised by staff as indicated on Wet/Hot Days timetable
- Staff are requested and parents encouraged to act as role models by practising SunSmart behaviours.
- SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school website, staff and parent meetings, school assemblies, student and teacher activities and at student enrolment/new staff orientation.

Curriculum

- Sun protection and UV safety education is incorporated into the curriculum for all year levels. SWELL Week activities and Health Inquiry will form part of this learning.
- Regularly reinforce SunSmart behaviour in a positive way through assemblies, newsletters, students and teacher activities etc.
- Ensure the SunSmart policy is reflected in planning all outdoor events (e.g. camps, excursions, sporting events)
- Students are encouraged to be involved in school assemblies to promote and model sun protection measures at the school including taking ownership in managing sun protection for themselves e.g. accessing daily sun protection times, hat and sunscreen, and supporting other students to be SunSmart.

Environment

- Sun protective clothing items are provided and purchased as part of our school uniform from the SFX Uniform Shop.
- Staff are encouraged to access the daily local sun protection times at sunsmart.com.au to assist when scheduling outdoor activities
- Planned outdoor activities are to be held in areas with plenty of shade whenever possible.

Evaluation:

The school's SunSmart policy is easily accessible to staff, students and parents via our school website:

This policy will be reviewed as part of the school's review cycle (every 4 years).

We will:

- Review the SunSmart behaviour of students, staff, parents, and visitors and make recommendations for improvement.
- Update and promote curriculum material to SunSmart activities.
- Investigate and make recommendations regarding UV levels and outdoor activities.
- Commit to a SunSmart School membership.

This policy was last ratified by SFX Leadership April 2025