



St John's Primary School

Mitcham

ST JOHN'S PRIMARY SCHOOL MITCHAM

SUNSMART POLICY

Rationale

It is important to have a healthy balance of ultraviolet radiation (UV) exposure. Too much UV can cause sunburn, skin and eye damage and skin cancer. Overexposure to UV during childhood and adolescence is a major factor in determining future skin cancer risk. Too little UV can lead to low vitamin D levels. Vitamin D is necessary for the development and maintenance of healthy bones and muscles, and for general health.

Purpose

This SunSmart policy provides guidelines to:

- Ensure all students and staff have some UV exposure for vitamin D
- Ensure all students and staff are well protected from too much UV exposure by using a combination of sun protection measures during the daily local sun protection times (issued whenever UV levels are 3 and above)
- Ensure the outdoor environment is sun safe and 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 duty of care requirements
- Support appropriate OHS strategies including; wearing hats, playing in the shade, etc. to minimise UV risk and associated harms for staff and visitors

Implementation

- To assist with the implementation of this policy, staff and students are encouraged to access the daily local sun protection times via the SunSmart website
- A combination of sun protection measures are used for all outdoor activities from September to April and whenever UV levels reach 3 and above.
- The day's timetable is structured to take advantage of the less harmful times of UV exposure throughout the year. This includes the first break at 11:10 - 11:55am and the second break at 1.55 - 2:20pm. Students are encouraged to play under the shade sails, under cover or in the treed areas
- Staff and students are required to wear hats that protect their face, neck and ears (bucket or broad-brimmed). Approved hats are available for purchase through the uniform shop.
- A 'No hat, No play' approach is taken during recess times from September to April, with students sitting in the Passive Play area under the shade sails if they do not have a hat after the first week of term 1 and term 4.



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- The school sports carnival is arranged as a Twilight event to avoid further exposure to the sun.
- Staff and students are encouraged to provide their own SPF30 (or higher) broad-spectrum, water-resistant sunscreen.
- Students are encouraged to apply their own sunscreen under adult supervision before each break.
- Where sunscreen is supplied, it is applied at least 10 minutes (where possible) before going outdoors and reapplied at the next break time.
- Staff and 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.
- Sun protection is considered a valuable component of the curriculum and is integrated where possible. It is promoted through the newsletter and broader community.
- If the temperature is extreme, outdoor classes and recess are taken indoors.
- Students are to purchase clothing through the uniform shop. These include shirts with collars and elbow length sleeves.

Resources

- Sunsmart - <https://www.sunsmart.com.au/advice-for/schools-early-childhood>
- [Victorian Government Education - Sun Protection Policy](#)
- [Sunsmart Resources](#)

Evaluation

Date Developed/Reviewed	Ratified (date/who)	Date of Future Review
2025		2027