

## SUN SMART POLICY

### PURPOSE

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.
- ensure all students and staff are protected from over-exposure to UV radiation.
- 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 can cause health problems including sunburn, dehydration, 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 September - April)
- peaks during school hours

A combination of sun protection measures should be put in place from September to the end of April, and whenever UV levels reach 3 and above.

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

#### Shade

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

- where students congregate for lunch
- the community gardens.
- the canteen
- outdoor lesson areas
- popular play areas
- assembly areas

When building works or grounds maintenance is conducted at MFG 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.

MFG recommends that whenever UV levels reach 3 and above, students wear sun-protective clothing such as:

- 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.

MFG'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.

Staff and students, particularly during Physical or Outdoor Education classes are to wear hat styles that protects the face, neck and ears when outdoors, for example broad-brimmed, legionnaire or bucket.

Students are 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 may not be wearing appropriate protective clothing or a hat will be asked to play in the shade or in a suitable area protected from the sun.

MFG encourages all staff and students to apply SPF 30+ (or higher) broad-spectrum, water-resistant sunscreen and whenever UV levels reach 3 and above.

MFG has strategies in place to remind students to apply sunscreen before going outdoors (for example sunscreen is available in the Hall and in the Outdoor Ed cupboard for staff and student use, reminder notices, sunscreen monitors). Staff and students who may suffer from allergic reactions from certain types of sunscreens are encouraged to bring their own sunscreen 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 from to the end of April or whenever UV levels reach 3 and above.

Students at MFG are encouraged to make healthy choices and are supported to understand the benefits and risks of sun exposure. MFG will address sun, UV safety and Vitamin D education as part of HAPE lessons in Year 7 and 9. SunSmart behaviour is regularly reinforced and promoted to the whole school community through a variety of channels such as parent/student updates, school website, staff meetings, school assemblies, student and teacher activities and at student enrolment/new staff orientation.

Staff are encouraged to access resources, tools, and professional learning to enhance their knowledge and capacity to promote sun smart behaviour and Vitamin D education across the school community.

## **FURTHER INFORMATION AND RESOURCES**

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

## **POLICY REVIEW AND APPROVAL**

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### **DATE OF REVIEW – December 2026-2027**

Policy last reviewed	4 December 2023
Approved by	School Council
Next scheduled review date	December 2027