MITCHAM PRIMARY SCHOOL
EST·1847

Responsibility, Resilience and Respect

Sun Smart Policy

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

Rationale

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. Australia has one of the highest rates of skin cancer in the world, with two in three Australians developing some form of skin cancer before age 70.

Objectives

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.

Procedures

- Teachers check the daily UV levels using the UV monitoring application on the MPS Staff Intranet before students go outdoors.
- A combination of sun protection measures is used in Terms 1, 3 and 4, and whenever the UV Index is 3 or above at other times. This applies to outdoor school activities, including camps, excursions, sport and swimming.

Outdoor activities are scheduled outside peak UV times or in shaded areas where practical.

Clothing

Sun protective clothing is included in the school uniform/dress code and sports uniform. The clothing is cool, loose fitting and made of closely woven fabric. It includes shirts with collars and elbow length sleeves, longer style dresses and shorts and rash vests or t-shirts for outdoor swimming.

Sunscreen

- The school supplies SPF 50+ broad-spectrum, water-resistant sunscreen for students and staff. Families may also provide their own SPF 50+ sunscreen, including a suitable product for students with sensitive skin or allergies.
- Students apply sunscreen themselves, with reminders from staff.

- Sunscreen is applied at least 20 minutes before going outdoors and reapplied every two hours when remaining or returning outdoors for extended periods.
- Staff remind students to apply sunscreen before outdoor breaks, including recess and lunch, and before outdoor PE lessons.

Hats

All students and staff are required to wear sun-protective hats that cover the face, neck and ears whenever outside. Students wear the school navy wide-brimmed hat. Staff wear an appropriate broad-brimmed, bucket or legionnaire hat. Baseball or peak caps are not acceptable.

Shade

- Mitcham Primary School has established areas of natural and built shade. Shade provision is considered when changes to the grounds, facilities or patterns of student use warrant review.
- The school provides shelters and trees that offer shade in the grounds, including areas used for play and outdoor learning.
- The availability of shade is considered when planning excursions and all other outdoor activities.
- Outdoor activities are scheduled outside the peak UV radiation times or in the shade where possible.
- In consultation with the Governing Council, shade provision is considered when planning changes to buildings and grounds.
- Staff encourage students to play and participate in outdoor activities in available shade whenever possible.
- Students who do not have appropriate hats or clothing are asked to play in the shade or a suitable area protected from the sun.

Sunglasses

Where practical, students and staff are encouraged to wear close-fitting, wrap-around sunglasses that meet Australian Standard AS/NZS 1067.1:2016 (lens category 2, 3 or 4) and cover as much of the eye area as possible. Novelty tinted glasses do not provide adequate UV protection and are not recommended.

Staff WHS and role modelling

- As part of WHS UV risk controls and role modelling, when the UV radiation level is 3 and above staff will:
- wear sun protective hats, clothing and sunglasses when outside
- apply SPF 50+ broad-spectrum, water-resistant sunscreen
- seek shade whenever possible.

Families and visitors are encouraged to use a combination of sun protection measures, including protective clothing, hats, sunscreen and shade, when attending outdoor school activities.

Curriculum

- Programs on skin cancer prevention and vitamin D are included in the curriculum for all year levels.
- SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school homepage, parent meetings, staff meetings, school assemblies, student and teacher activities and in student enrolment packs.

- Relevant resources
- Daily UV monitoring: Staff use the MPS Staff Intranet UV monitoring application. Public UV forecasts: myuv.com.au.
- Cancer Council SA SunSmart resources: Current policy checklist, templates and education resources are available at cancersa.org.au.

Policy review

The Governing Council and staff review the effectiveness of this SunSmart policy at least every three years and revise the policy when required. Significant changes are communicated to staff, students and families as appropriate.

Revised and Approved by Governing Council: 26 October 2026.

Next review: within three years of approval.