

UNIFORM and SUN SMART POLICY

RATIONALE:

The Findon Primary School Uniform and Sun Smart Policy reinforces in students a pride in their own appearance, instils recognition of themselves as an integral part of the school community and assists in developing pride in representing their school. Issues of equality, health and safety and expense are factors that contribute to the establishment of the Uniform and Sun Smart Policy. This policy applies to all school activities, including camps and excursions. It is applicable to all students and staff.

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 (Beginning of September – end of April)
- 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.

AIM:

- The aim of this policy is to encourage behaviours at Findon Primary School to minimise the risk of skin and eye damage and skin cancer and to further develop a sense of pride in and connection with our school, maintaining and enhancing the positive image of the school in the community.

IMPLEMENTATION:

Excessive exposure to the sun's ultraviolet (UV) radiation can cause health problems including sunburn, 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
- peaks during school hours

Sun safety is a shared responsibility and staff, parents/caregivers and students are encouraged to implement a combination of sun protection measures whenever UV levels reach 3 and above. Information about the daily local sun protection times is available via the SunSmart widget on the school's website, the free SunSmart app, or at sunsmart.com.au or bom.gov.au.

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

Shade

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

- where students congregate for lunch
- the canteen
- outdoor lesson areas
- playground equipment
- indoor assemblies where possible

When building works or grounds maintenance is conducted at Findon PS 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.

Sun protective uniform/clothing

Findon PS school uniform and dress code includes sun protective clothing and recommends that from the beginning of September to the end of April, and whenever UV levels reach 3 and above, students come to school wearing 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

From the beginning of September to the end of April, all students **must** wear a sun protective hat that shades the face, neck and ears for all outdoor activities. Hats may also be worn for all outdoor activities outside of the September to April time period, by parent or student choice.

Staff and students are encouraged to wear hat styles that protect the face, neck and ears when outdoors, for example broad brimmed or bucket. Students who are not wearing appropriate protective clothing or a hat will be asked to play in the shade or in a suitable area protected from the sun.

Sunscreen

Findon PS encourages all staff and students to apply SPF30 (or higher) broad spectrum, water resistant sunscreen daily whenever UV levels reach 3 and above. Sunscreen should be applied at least 20 minutes before going outdoors, and reapplied every two hours according to [manufacturer's instructions](#).

Findon PS has strategies in place to remind students to apply sunscreen before going outdoors [i.e. student reminders, reminder notices for excursions).

Students are encouraged to bring sunscreen from home for sunprotection at school. Findon PS students and staff are welcome to access sunscreen from the first aid room. Staff and students who may suffer from allergic reactions from certain types of sunscreen are encouraged to contact the school nurse to implement a management plan 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.

Sunglasses

As Findon PS is a SunSmart school, students and staff engaged in outdoor activities 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.

Curriculum

Students at our school are encouraged to make healthy choices, and are supported to understand the benefits and risks of sun exposure. Findon PS will address sun and UV safety education as part of the Health curriculum.

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

Engaging students, staff and families

SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school website, student reminders, staff and parent/caregiver meetings, school assemblies, student and teacher activities and at student enrolment/new staff orientation.

APPROVED UNIFORM ITEMS:

Cool, loose-fitting, sun protective clothing is included in our school uniform/dress code. It includes shirts with collars and elbow-length sleeves, longer dresses and shorts. Rash vests or t-shirts are encouraged for outdoor swimming

TOPS:

- Findon logo or plain green or gold polo tops
- Plain green or gold skivvies
- Findon logo or plain green windcheaters
- Findon logo or plain green polar fleece vest
- Findon logo or plain green bomber jacket
- Findon logo or plain green long sleeved polar fleece zip jacket
- Year 6 signature tops
- School endorsed special event clothing eg choir/performance t-shirts

PANTS:

- Plain long black trousers or plain black track pants (three quarter length pants, leggings or cargo pants are not permitted. No visible branding or stripes on pants or shorts)
- Plain black/green longer length shorts according to sunsmart policy

DRESSES:

- Dresses in the Findon school material only
- Winter tunic/skirt in Findon school material only
- Dark green or black tights may be worn with dresses and skirts

SKIRTS:

- Green or black netball skirt with green or black sports briefs or bike shorts worn underneath (leggings of any kind are not permitted)
- Green or black skirts

HATS:

- Only specified wide brimmed or bucket style school hats which protect the face, neck and ears are acceptable
- Consistent with our Sun Smart policy, hats must be worn outside from the beginning of September to the end of April. A 'No Hat, No Play' policy is followed. Students without a hat will be directed to a designated shade area
- Plain green woollen beanie with or without school logo can be worn in winter
- Hats are not to be worn inside
- Baseball caps are NOT permitted

FOOTWEAR:

- Standard black school shoes, black runners or black elasticised boots (no colour)
- Runners should be worn for physical education and sport sessions

- For safety reasons sandals, dress shoes, ballet flats, thongs, gum boots, high heels or platform shoes must not be worn. We encourage all students to wear shoes that support their feet and ankles and are suitable for all school activities
- White, dark green or black socks should be worn. Socks must be worn at all times

SUNGLASSES: (Australian standards)

Close-fitting, wrap-around sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) are strongly encouraged, from the beginning of September to the end of April for all outdoor activities. It is recommended for students to wear sunglasses for all outdoor activities year round.

OTHER:

- Plain green/black gloves
- For safety reasons, scarves should only be worn to and from school and not during school hours
- Green or black coats and water proof jackets can be worn outside
- When layering long sleeve tops under short sleeved tops the two tops must match (no hoodies)

PERSONAL APPEARANCE:

- Plain, standard sized stud earrings and standard sized sleepers worn in the ears and watches are the only acceptable jewellery
- Necklaces or lanyards are not permitted for safety reasons
- Extreme hair colours and extreme hairstyles are not permitted
- Cosmetics and nail polish should not be worn at school and students will be asked to remove it
- For health reasons, shoulder length hair must be tied back at all times
- Hair ties and headbands should be in school colours

STAFF AND VISITORS

- As part of OHS UV risk controls and role-modelling, staff, families and visitors should:
 - wear a sun protective hat, covering clothing and, if practical, sunglasses;
 - apply sunscreen; and
 - seek shade whenever possible.

EVALUATION: This policy shall be reviewed as part of the three year policy and process review.

REFERENCE:

DET website

<http://www.education.vic.gov.au/school/principals/spag/management/pages/dresscode.aspx>

<http://www.education.vic.gov.au/school/principals/spag/health/pages/sun.aspx>

SunSmart website/app

<http://www.sunsmart.com.au/>

Approved Uniform Item List (office)