

SUNSMART POLICY

Approved by the Principal in August 2025



PURPOSE

The purpose of this policy is to encourage behaviours at Thornbury High School to minimise the risk of skin and eye damage and skin cancer.

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 (generally mid-August – 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.

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'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 (highest in Victoria from mid-August – end of April)
- peaks during school hours.

A combination of sun protection measures is recommended for all skin types when UV levels reach 3 or higher. At these levels, damage can occur to skin and eyes.

Each time skin is damaged by UV, changes take place in the structure and function of the skin cells. If UV damage continues, skin cells become less able to repair, increasing the risk of skin cancer.

Sun safety is a shared responsibility and staff, parents and students are encouraged to implement a combination of sun protection measures whenever UV levels reach 3 and above (typically from mid-August to the end of April in Victoria). 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.

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

Shade

Thornbury High School 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
- popular play areas
- adjacent to sporting facilities

When building works or grounds maintenance is conducted at Thornbury High School 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. Thornbury High School will explore opportunities to provide more shade in highly exposed areas of the school grounds.

Sun protective uniform/clothing

Thornbury High School's school uniform and dress code includes sun-protective clothing, including:

- loose, cool, closely woven fabric
- shirts with a collar, included the sports polo
- tops with elbow length or long sleeves
- Two hat options

As we are a secondary school, we expect students to take responsibility for being SunSmart by wearing a school hat during outdoor activities or staying in the shade, if they are not wearing sunscreen.

Thornbury High School staff are encouraged to role-model personal sun-protection measures. This may include the use of hats, sunglasses and sunscreen.

Sunscreen

Thornbury High School 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.

At Thornbury High School students are welcome to attend sub-school offices to access sunscreen. Sunscreen is supplied in outdoor physical education classes. Sunscreen is also available from the Thornbury High School front office.

Curriculum

Students at our school are encouraged to make healthy choices and are supported to understand the benefits and risks of sun exposure. This includes curriculum development in relation to the benefits and risks of sun exposure. 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.

FURTHER INFORMATION AND RESOURCES

- The Department's Policy and Advisory Library:
 - [Sun and UV Protection Policy](#)
 - [Duty of care](#)
- [SunSmart](#)

This policy should be read in conjunction with the following school policies:

- Student Wellbeing and Engagement Policy
- Duty of Care Policy

- Inclusion and Diversity Policy

POLICY REVIEW AND APPROVAL

Policy last reviewed	August 2025
Approved by	Principal August 2025
Next scheduled review date	August 2028