

Sun Smart Policy

Background

It is important to have a healthy balance of ultraviolet radiation exposure. Too much UV can cause sunburn, skin and eye damage and skin cancer. Overexposure to UV during childhood and adolescence is a major risk 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.

At Huntingdale Primary School we want to create an environment and encourage behaviours which reflect a healthy UV exposure balance, ensuring some sun exposure for vitamin D while minimising the risk of skin cancer.

Purpose

To ensure:

- The school provides an environment that promotes being sun smart for students, staff and visitors
- Students are encouraged and supported to develop independent sun protection skills to help them be responsible for their own sun protection
- The school promotes being sun smart to the community
- That the school complies with the Department of Education and Training (DET) policies and procedures and Occupational Health and Safety regulations
- Is compliant with [Occupational Health and Safety Act 2004](#) and [Education and Training Reform Act 2006](#): Sch.5 Reg. 1 (1.2)

Implementation

- The Principal has the overall responsibility of implementing this policy, but may delegate certain roles to suitably qualified staff.

Overall Management

- The school will keep a valid sun smart registration.
- The school will regularly send reminder to parents about the sun smart policy, e.g. reminders of when students must wear hats.
- The school will consult the SunSmart app to monitor UV activity.
- If there is extreme hot weather and UV activity, the school may employ a 'hot day' timetable for recess and lunch breaks.
- The school will employ the following strategies to promote being sun smart:

Physical environment

Shade Areas

- The School Council will ensure there are sufficient shelters and trees providing shade in outdoor areas.



- Teachers will consider the availability of shade when planning all other outdoor activities both on and off school premises.
- Students are encouraged to use available areas of shade when outside.
- Students who do not have appropriate hats or outdoor clothing are asked to play in the shade or a suitable area protected from the sun.
- A shade assessment is conducted regularly to determine the current availability and quality of shade as well as maintenance of shaded areas e.g. Safety audits of shade sails and tree maintenance.

Sun Smart Habits

Protective clothing

- The school will ensure that sun protective clothing is included in the school uniform.
- Clothing options will include those that are cool, loose-fitting and made of fabric that is densely woven. Or supplier will sell polo shirts with collars and elbow-length sleeves as well as having a long sleeve option.
- All students are required to wear hats that protect their face, neck and ears (legionnaire, broad-brimmed or bucket hat), whenever they are outside. Peak caps and visors are not considered a suitable alternative. **Students must wear their hats during the peak UV times in Victoria from September to April.**

Sunscreen

- Students must provide their own SPF30 (or higher) broad-spectrum, water-resistant sunscreen, which is in date.
- We encourage parents to apply sunscreen on their child in the morning before they come to school. Students may reapply their sunscreen when at school if needed and they must put on their own sunscreen. Teachers will not do this.
- Teachers will remind students to apply sunscreen before going outdoors.
- Sunscreen should be used in combination with other sun protection methods and not relied on by itself

Sunglasses

- Where practical 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.

Curriculum and Learning

- Being sun smart will be taught as part of curriculum programs at Huntingdale Primary School. This may occur during the Creating Our Learning Community unit of work, as part of health and physical education or inquiry units.

Communication

- Sun smart behaviour will be regularly reinforced and promoted to the whole school community through newsletters, school website, flexi buzz notifications, staff induction programs and school assemblies.



Role-Modelling

- Staff and visitors are encouraged to role model sun smart behaviours such as wearing broad-brimmed hats, protective clothing and sunglasses for all outdoor activities and duties, applying SPF 30 (or higher) broad-spectrum, water-resistant sunscreen and seeking shade whenever possible.

Occupational Health and Safety

- UV radiation is a known workplace hazard for any staff working any part of their day outdoors.
- OH&S risk controls should consider the school risk register

Evaluation

This policy will be reviewed as part of the school's 3 year cycle or as needed to comply with DET policy changes.

Document Status

Reviewed	School Council Ratification	Next Review
March 2017	May 16 th 2017	May 16 th 2020