



MOONEE PONDS WEST PRIMARY SCHOOL SUNSMART POLICY

Purpose:

A balance of ultraviolet radiation (UV) exposure is important for health. Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. Sun exposure in the first 10 years of life is a major factor in determining future skin cancer risk. Too little UV from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health. This policy outlines suitable guidelines for ensuring students have a balance between UV exposure and protection.

Aims:

This SunSmart Policy has been developed to:

- Ensure all students and staff have some UV exposure for vitamin D.
- Encourage the entire school community to use a combination of sun protection measures whenever UV Index levels reach 3 and above.
- Work towards a safe school environment that provides shade for students, staff and the school community at appropriate times.
- Assist students to be responsible for their own sun protection.
- Ensure that families and new staff are informed of the school's Sun Smart policy.

Staff are encouraged to access the Sun Smart UV Alert at sunsmart.com.au to find out daily local sun protection times to assist with the implementation of this policy.

A combination of sun protection measures for all outdoor activities (including those undertaken within and outside the school grounds) from September to the end of April and whenever UV levels reach 3 and above, the level that can damage skin and eyes.

Guidelines for Action:

1. Shade

- 1.1 A shade audit is conducted regularly to determine the current availability and quality of shade.
- 1.2 The School Council makes sure there is a sufficient number of shelters and trees providing shade in the school grounds particularly in areas where students congregate e.g. during lunch, outdoor lesson areas and popular play areas.
- 1.3 The availability of shade is considered when planning excursions and all other outdoor activities.
- 1.4 In consultation with the School Council, shade provision is considered in plans for future buildings and grounds.
- 1.5 Students are encouraged to use available areas of shade when outside.
- 1.6 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.

2. Clothing

- 2.1 Sun protective clothing is included in our school uniform and documented in the dress code policy.
- 2.2 Clothing worn to school should be cool, loose fitting and made of densely woven fabric. It includes school t-shirts, shirts with collars and elbow length sleeves, longer style dresses and shorts. Singlet tops, backless tops and thin strappy tops are unacceptable.

3. Hats

- 3.1 All students and staff are required to wear hats that protect their face, neck and ears, i.e. legionnaire, broad brimmed or bucket hats, whenever they are outside. Baseball or peak caps are not considered a suitable alternative.

4. Sunscreen

- 4.1 The school supplies SPF 30+ broad spectrum, water resistant sunscreen for staff and students use. If students have allergies to sunscreen, they should supply their own.
- 4.2 Sunscreen is applied at least 20 minutes before going outdoors and reapplied every two hours if outdoors.
- 4.3 Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminder notices, sunscreen monitors, sunscreen buddies).
- 4.4 With parental consent, students with naturally very dark skin are not required to wear sunscreen to help with vitamin D requirements.

5. Staff OHS and Role Modelling

- 5.1 As part of OHS UV risk controls and role-modelling, when the UV is 3 and above staff should wear sun protective hats and clothing and sunglasses when outside.
- 5.2 Staff should apply SPF 30+ broad spectrum, water resistant sunscreen.
- 5.3 Staff should seek shade whilst outside whenever possible.
- 5.4 Families and visitors are encouraged to use a combination of sun protection measures (sun protective clothing and hats, sunglasses, sunscreen and shade) when participating in and attending outdoor school activities.

6. Curriculum

- 6.1 Programs on skin cancer prevention and vitamin D are included in the curriculum for all year levels.
- 6.2 Sun Smart 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 on student enrolment.

Relevant Documents / Links

- DEECD School Policy & Advisory Guide (SPAG) Sun & UV protection (2011)
- DEECD Health, Safety & Workcover
- Independent Schools Victoria (ISV) Compliance Framework
- Victorian Early Years Learning and Development Framework (VEYLDF)
- Building Quality Standards Handbook (BQSH): Section 8.5.5 Shade Areas (Oct 2011)
- Education and Training Parliamentary Committee Inquiry into Dress Codes and School Uniforms in Victorian Schools -Government Response
- Occupational Health and Safety Act 2004
- Radiation Protection Standard for Occupational Exposure to Ultraviolet Radiation (2006)
- Safe Work Australia: Guidance Note for the Protection of Workers from the Ultraviolet Radiation in Sunlight (2008)

Evaluation

Endorsed by School Council November 2013.

This policy is reviewed annually.