



# HAPPY VALLEY PRIMARY SCHOOL

## SUNSMART POLICY

### Purpose

The SunSmart policy provides guidelines to:

- Ensure all students and staff have some UV exposure for vitamin D.
- Ensure all students and staff are well protected from too much UV exposure by using a combination of sun protection measures whenever UV levels reach 3 and above.
- Provide an outdoor environment with sun safe provision for students and staff.
- Ensure students are encouraged and supported to develop independent sun protection skills.
- Support duty of care requirements
- Support appropriate OHS strategies to minimise UV risk and associated harms for staff and visitors

### Background

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. Exposure to the sun's UV during childhood and adolescence is associated with an increased risk of skin cancer in later life. 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.

### Legislation and Standards

- Occupational Health and Safety Act 2004
- Education and Training Reform Act 2006: Sch.5 Reg. 1 (1.2)

### Procedures

- Staff and students are encouraged to access the daily local sun protection times at [sunsmart.com.au](http://sunsmart.com.au) or on the free SunSmart app to assist with the implementation of this policy.
- A combination of sun protection measures are used for all outdoor activities from the first day of term 2 to the last day of term 1 and whenever UV levels reach 3 and above.

### Healthy physical environment

#### 1. Seek shade

- Governing 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. lunch, canteen, outdoor lesson areas and popular play areas.
- The availability of shade is considered when planning all outdoor activities and excursions.
- 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.

### Healthy social environment

#### 2. Slip on sun protective clothing

- Sun protective clothing is included in our school uniform / dress code. School clothing is cool, loose fitting and made of densely woven fabric. It includes shirts with collars and short sleeves, dresses and shorts.

#### 3. Slap on a hat

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

#### **4. Slop on sunscreen**

- Students must provide their own SPF 30 or higher broad spectrum, water resistant sunscreen. The school supplies SPF 30 or higher broad spectrum, water resistant sunscreen for staff and student's use.
- Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminders).  
With parental consent, students with naturally very dark skin are not required to wear sunscreen to help with vitamin D requirements.

#### **Monitoring and review**

- Governing council and staff regularly monitor and review the effectiveness of the SunSmart policy (at least once every three years) and revise the policy when required by completing a policy review.
- SunSmart policy updates and requirements will be made available to staff, families and visitors.

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