Wood Street,
Hawthorn 3122
Ph: 9818 2233
Fax: 9818 6308

HAWTHORN
WEST PRIMARY
SCHOOL

Hawthorn West Primary School
SunSmart Policy

Rationale

Our SunSmart policy has been developed to ensure that students and staff obtain a balance of ultraviolet radiation (UV) exposure. Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer; too little can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health. This policy is to be implemented from September to the end of April. When levels of UV reach 3 or above outside of September to the end of April, the school will take a proactive approach to manage sun smart behaviour.

Program Objectives

- 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 SunSmart policy.

Implementation:

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

Clothing

- From September to the end of April, students and staff must 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 a suitable alternative.
- Sun protective clothing is included in our school uniform. School clothing is cool, loose fitting and made of densely woven fabric. It includes collared t-shirts, longer style dresses and knee-length shorts.

Education

- Programs on skin cancer prevention and vitamin D are included in the curriculum for all year levels.
- SunSmart 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.

Outdoor activities

- The availability of shade is considered when planning excursions and all other outdoor activities including camps and sporting events.

Shade

- In consultation with the school council, shade provision is considered in plans for future buildings and grounds.
- 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.

Staff OHS and role- modelling

As part of OHS UV risk controls and role-modelling, when the UV is 3 and above staff:

- wear sun protective hats, clothing and sunglasses when outside
- apply SPF 30+ broad spectrum, water resistant sunscreen
- seek shade whenever possible
- Families and visitors are encouraged to observe and practise SunSmart behaviours when participating in and attending outdoor school activities.

Sunscreen

- The school supplies SPF 30 or higher broad spectrum, water resistant sunscreen for staff and students' use. Alternatively, students may provide their own SPF 30 or higher broad spectrum, water resistant sunscreen.
- Parents must notify the school if their child should not use the sunscreen provided.
- Students are to apply the sunscreen provided or apply their own SPF 30 or higher broad spectrum.
- Sunscreen is applied at least 20 minutes (where possible) before going outdoors and reapplied every two hours if outdoors.
- Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminder notices, sunscreen monitors, sunscreen buddies).
  With parental consent, students with naturally very dark skin are not required to wear sunscreen to help with vitamin D requirements.

EVALUATION

This policy was endorsed by the Hawthorn West Primary School Council at a committee meeting in April 2015 and is subject to review every 3 years.