Hampton Park Primary School is an accredited SunSmart school

This policy applies to all school events on and off site.

Rationale
A healthy 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. Overexposure to UV during childhood and adolescence 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 necessary for the development and maintenance of healthy bones and muscles, and for general health.

Objectives
This SunSmart Policy has been developed to:
- Ensure all students and staff maintain a healthy UV exposure balance.
- 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 daily SunSmart UV Alert at sunsmart.com.au (or on their own school website) to find out daily sun protection times to assist with the implementation of this policy. Parents and teachers will be encouraged to act as positive role models for children in all aspects of SunSmart behaviour.

The school newsletter and school assemblies will be used to highlight and reinforce the SunSmart Policy.

SunSmart practices are to be implemented throughout the year, with particular emphasis on the period between September 1st and April 30th.

From September 1st to April 30th in Victoria
When average UV Index levels reach 3 and above, a combination of sun protection measures are used whenever outdoors including:

1. Shade
- A shade audit is conducted regularly to determine the current availability and quality of shade.
- 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. lunch, canteen, outdoor lesson areas and popular play areas.
- The availability of shade is considered when planning excursions and all other outdoor activities.
- 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.

2. Clothing
Sun protective clothing is included in our school uniform / dress code and sports uniform. School clothing is cool, loose fitting and made of densely woven fabric. It includes shirts with collars and longer sleeves, longer style dresses and shorts and rash vests or t-shirts for outdoor swimming.

3. Hats
Students and staff are required to wear hats that protect their face, neck and ears, i.e. legionnaire, broad brimmed hats, whenever they are outside. Because a baseball cap does not offer enough protection, students wearing a baseball cap will have the same consequences as not wearing a hat.

4. Sunglasses
Students and staff 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.

5. Sunscreen
- SPF 30+ broad spectrum, water resistant sunscreen is available for staff and student's use. [supplied by school and/or families]
- Sunscreen should be applied 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).

From May to August in Victoria
When average UV Index levels are below 3, sun protection measures are not used from May until August unless in alpine regions, near highly reflective surfaces such as snow or outside for extended periods.

The school reviews its SunSmart policy regularly.

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