

SUN SMART

POLICY

Rationale:

At Hartwell Primary School we recognise that overexposure to the sun presents a serious health risk. Therefore we aim to ensure all students are educated as to the need for suitable sun protection, and protected from over exposure to the sun whilst at school.

We also acknowledge that some sun exposure is important for vitamin D. Vitamin D is essential for healthy bones and muscles, and for general health.

Aims:

- To educate students as to suitable sunsmart protection strategies.
- To encourage children and teachers to protect themselves from the harmful effects of the sun.
- To encourage safe UV exposure when UV index levels are below 3.
- To assist children to be responsible for their own sun protection.
- To provide physical resources to encourage the use of shade areas; e.g shade sails that enable sunsmart strategies

Implementation:

From September to the end of April

- Children will be required to wear 'Sun Smart' approved close-weave broad brimmed hats (at least 7.5 cm rigid brim) from whenever they are outside (this includes excursions out of school and sports activities)
- Sun protective clothing is included in our school uniform and dress code. This also applies to free dress days. School clothing is made of close weave fabric and includes shirts with collars and capped sleeves.
- The School Uniform Shop convenor will support the 'Sun Smart' Policy by providing Hartwell approved sunsmart hats and uniform available for purchase.
- Staff will act as role models by also wearing broad brimmed hats and following other sun protection measures when outside.
- Children without broad brimmed hats or covering clothing will be restricted play in designated shaded areas.
- Children will be actively encouraged to apply a broad-spectrum water resistant sunscreen (SPF30+ or higher) before going outdoors. Strategies are in place to remind students of 'sun smart' procedures before going outdoors particularly sport and outdoor excursions.
- Whenever possible, outside activities on hot days should be scheduled before 11:00 am.
- The school council will provide adequate shade structures for students as practicable; particularly over high density play areas such as sand pits and play equipment.
- The school newsletter and school assemblies will be used to highlight and reinforce the sunsmart policy.
- Sunsmart activities and sun protection will form part of the Health and Physical Education curriculum at all year levels.
- Our school has membership as a Sunsmart school at the Cancer Council Victoria and will actively work to maintain the membership.

Evaluation:

- This policy will be reviewed as part of the school's three-year review cycle.

This policy was last ratified by School Council in....

October 2013