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.

Hampton Primary School SunSmart Policy is created to ensure a healthy balance of UV exposure including protecting all students and staff attending the school from skin damage caused by the sun’s UV primarily between the months of September and April. The school policy is to be implemented during terms one and four each year, but students are encouraged to wear hats and sunscreen during the period of September to April, especially when attending camps, excursions and outdoor sporting events.

Purpose:
- To provide SunSmart strategies for all students, parents and staff attending Hampton Primary School, that will maintain a healthy UV exposure balance including protecting them from sun damage caused by harmful UV rays.
- 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 via the school website.

Implementation:
Hats and Clothing
- Students are required to wear an approved Hampton Primary School hat which protects their face, neck and ears, whenever they are outside (e.g. recess, lunch, sport, excursions, camps, etc). A broad brimmed legionnaire hat with minimum 7.5 cm brim or bucket hat with a deep crown and minimum 6cm brim.
- Sun protective clothing is included in our school uniform and sports uniform. School clothing is cool, loose fitting and made of densely woven fabric. It includes shirts with collars or round collars that sit close to the neck above the collar bone and longer sleeves, longer style dresses and shorts.
- Students without hats will be directed to sit in a designated shaded area.

Sunscreen
- Parents will be encouraged to provide SPF 30+ broad spectrum, water resistant sunscreen for their child’s use at school, on excursions and at camp.
- Parents will be encouraged to provide each student with SPF 30+ broad spectrum, water resistant sunscreen. Students will be encouraged to keep this in their schoolbags, and apply it regularly as needed.
- Students will be encouraged to take their own sunscreen on excursions or sports activities as required.
On excursions/sports days/camps students will be encouraged to apply sunscreen before going outdoors and reapply every 2 hours if outdoors.

If children have allergic reactions to chemicals in sunscreens they should be identified by parents on the school enrolment form and supplied with the appropriate sunscreen they can use safely. This allergy should be noted by parents on any medical forms for excursions, sport events and camps etc.

All first aid bags carry sunscreen in them and the first aid room has a large pump sunscreen for the use of staff and students if they forget theirs.

**Shade**

- Teachers will encourage students to use available areas of shade for outdoor activities.
- Teachers will organise outdoor activities to be held in areas with plenty of shade whenever practicable, or cancelled in extreme temperatures.
- In periods of extreme heat the school will endeavour to timetable outdoor activities during morning sessions whenever possible.
- The Buildings and Grounds Committee of the School Council will work towards increasing and maintaining shaded areas (including planting more trees) to provide adequate shade in the school grounds.
- At sporting events or excursion days some shade will be provided eg. the school will provide a gazebo.

**Hydration**

- Teachers will encourage students to drink water during warmer weather.

**Role Modeling**

- Teachers will be requested, and parents and visitors encouraged, to model SunSmart behaviours whenever participating in and attending outdoor school activities:
  - Wear sun protective hats, clothing and sunglasses (recommended) when outside,
  - Apply SPF 30+ broad spectrum, water resistant sunscreen,
  - Seek shade whenever possible

**Curriculum:**

- Programs on SunSmart behavior, skin cancer prevention and vitamin D will be incorporated into the curriculum at all year levels.
- The school will reinforce and promote SunSmart behavior to the whole school community through avenues such as the newsletter, school assemblies, school community events and student enrolment information packs.
- The school will ensure that this policy is reflected in the planning and execution of all outdoor activities.

** Relevant Documents / Links**

- Victorian Government Schools Reference Guide: 4.5.11 Skin protection
- Victorian Early Years Learning and Development Framework (VEYLDF)
- Building Quality Standards Handbook (BQSH): Section 7.5.5 Shade Areas
- Education and Training Parliamentary Committee Inquiry into Dress Codes and School Uniforms in Victorian Schools -Government Response
- Occupational Health and Safety Act 2004 Sections 21 and 23: Main Duties of Employers Section 25: Duties of Employees
- Radiation Protection Standard for Occupational Exposure to Ultraviolet Radiation (2006)  
  ARPANSA Radiation Protection Series No. 12
- Safe Work Australia: Guidance Note for the Protection of Workers from the Ultraviolet Radiation in Sunlight

**Evaluation:**
This policy will be reviewed by the School Council every three years.

**Reference:** The SunSmart policy provided by the Cancer Council Victoria

This policy was ratified by School Council: Nov 2014