

Moonee Ponds West Primary School



SunSmart Policy



Help for non-English speakers

If you need help to understand the information in this policy, please contact the school office on 93706875.

PURPOSE

The purpose of this policy is to encourage behaviours at Moonee Ponds West Primary School ensuring some sun exposure for Vitamin D whilst minimising the risk of eye damage and skin cancer.

This policy provides guidelines to:

- support staff and students to use a combination of sun protection measures when UV index levels are three or above (mid-August – end of April) and allow sun exposure when UV levels are below 3 (May-early August)
- ensure that there are outdoor environments that provide adequate shade for students and staff
- ensure students are encouraged and supported to develop independent sun protection skills to help them to be responsible for their own protection
- support our school's strategies to meet its duty of care and occupational health and safety obligations to minimise harmful UV exposure and associated harm for students and staff.

Arising from our understanding of the dangers of UV rays, particularly on young sensitive skin, and the dangers of being exposed at such an early age, we have developed and implemented a SunSmart policy to ensure that:

- Students are educated on the potential dangers of being exposed to UV rays
- Students are instructed on how to protect themselves from skin damage caused by the harmful rays of the sun
- Staff and students adopt good personal sun-safe practices
- Appropriate OHS strategies are implemented to minimise UV risk and associated harms for staff and visitors
- Duty of care requirements are supported.

SCOPE

This policy applies to all school activities, including camps and excursions. It is applicable to all students and staff.

POLICY IMPLEMENTATION

Excessive exposure to the sun can cause health problems including sunburn, dehydration, damage to skin and eyes, and an increased risk of skin cancer.

Too little UV exposure from the sun can lead to low Vitamin D levels. Vitamin D is essential for healthy muscles and bones, and overall health.

UV radiation:

- cannot be seen or felt
- can be reflected off surfaces such as buildings, asphalt, concrete, water, sand, and snow
- can pass through light clouds
- varies in intensity across the year (highest in Victoria from mid-August - April)
- peaks during school hours

A combination of sun protection measures should be put in place from mid-August to the end of April, and whenever UV levels reach three and above.

Moonee Ponds West Primary School has the following measures in place to help reduce the risk of excessive UV sun exposure for staff and students.

Shade

Moonee Ponds West Primary School will provide sufficient options for shelter and trees to provide shade on school grounds, particularly in places such as:

- play areas
- assembly areas
- lunch areas (where applicable)

Students who do not have appropriate hats or sun-protective clothing are asked to play in the shade.

When building works or grounds maintenance is conducted at Moonee Ponds West Primary School that may impact the level of shading available to staff and students, a review of the shaded areas available will be conducted, and further shading installed as appropriate.

Slip on sun protective clothing

Moonee Ponds West Primary School students come to school wearing sun-protective clothing such as:

- loose, cool, tightly woven fabric
- shirts with a collar and/or high necklines
- tops with elbow length or long sleeves
- longer style shorts and skirts

Sun protective clothing is included in our school uniform.

Slap on a hat

- Students will be required to wear hats that protect their face, neck, and ears from mid-August to the end of April when they are outside.
- Hats must be broad-brimmed, legionnaire, or a bucket hat. Baseball caps and visors are not considered a suitable alternative.

Slop on sunscreen

- The use of SPF30, SPF50, or SPF50+ broad-spectrum, water-resistant sunscreen is encouraged, with time allowed for applying sunscreen. Sunscreen should be applied at least 20 minutes before going outdoors and reapplied every two hours according to product instructions. Strategies will be developed to help students remember to apply sunscreen before going outdoors.
- **Parents/carers are encouraged to** supply SPF 30 or higher broad-spectrum, water-resistant sunscreen for student's use

Slide on sunglasses

Where practical, 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

Curriculum

Students at Moonee Ponds West Primary School are encouraged to make healthy choices and are supported to understand the benefits and risks of sun exposure.

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, parent/carer meetings, staff meetings, and school assemblies. Staff are requested, and families and visitors to the school are encouraged, to function as role models by practising SunSmart behaviours including wearing appropriate hats and clothing when outdoors.

COMMUNICATION

This policy will be communicated to our school community in the following ways:

- Available publicly on our school's website (or insert other online parent/carer/student communication method)
- Included in staff induction processes
- Included in staff handbook/manual
- Discussed at parent/carer information nights/sessions
- Reminders in our school newsletter
- Discussed in student forums
- Hard copy available from school administration upon request

FURTHER INFORMATION AND RESOURCES

Related School Policies

- Supervision and Duty of Care Policy

Related DET Resources

- [School Policy Advisory Guide](#)
- [Sun and UV Protection Policy](#)
- [Duty of Care](#)
- [SunSmart](#)
- [SunSmart- Primary Resources](#)

POLICY REVIEW AND APPROVAL

Policy last reviewed	September 2022
Consultation	Education Sub Committee/School Council
Approved by	School Council 24 th October 2022
Next scheduled review date	August 2025