



SUNSMART POLICY

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

RATIONALE:

It's important to have a healthy balance of ultraviolet radiation (UV) exposure. Too much 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 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.

AIMS:

This SunSmart Policy has been developed to:

- Ensure all students and staff get some UV for vitamin D.
- Encourage the entire school community to use a combination of sun protection measures whenever UV Index levels reach 3 and above to minimise skin and eye damage and skin cancer risk.
- 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.

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.

We use a combination of sun protection measures for all outdoor activities from **September to the end of April** and whenever UV levels reach 3 and above, the level that can damage skin and eyes.

IMPLEMENTATION:

Clothing:

- It is compulsory for all students to wear either a broad-brimmed or legionnaire school hat. **All** students and staff are required to 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 considered a suitable alternative. Prep students will receive a hat free of charge.
- Parents / guardians will be offered the opportunity to purchase UV protective sun glasses for students.
- 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.

Sunglasses (optional):

- 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:

- Incorporate information and activities on skin cancer prevention into the curriculum at all grade levels.
- Regularly reinforce SunSmart behavior in a positive way through newsletters, parent meetings and student and staff activities.
- Ensure that the SunSmart policy is reflected in the planning of all outdoor events – camps, excursions and sporting events.

Environment:

- Provide sun protective clothing items as part of our school uniform.
- Students not wearing the approved hat will have their play restricted to designated shaded areas.
- Continue with the procedure of timetabling the multi-purpose room so that it is always available for use by the Physical Education specialist teacher on days of high UV or inclement weather.
- Continue to expand the options available to students for under-cover recess time activities.
- Wherever possible outdoor activities to be held in areas with plenty of shade.
- Work towards increasing the number of shelters and trees so as to provide adequate shade in the school grounds.
- The school newsletter and school assemblies will be used to highlight and reinforce the SunSmart policy.

Sunscreen:

Students must provide their own SPF 30+ broad spectrum, water resistant sunscreen.

Staff OHS and Role modeling:

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

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.

Families and visitors are encouraged to use a combination of sun protection measures (sun protective clothing and hats, sunglasses, sunscreen and shade) when participating in and attending outdoor school activities.

EVALUATION:

Review the sun smart behavior of students, staff, parents and visitors and make recommendations for improvement.

Assess shade provision and usage and make recommendations for increases.

Update and promote material relevant to SunSmart activities.

Ratified by School Council (date) _____

Principal – Colin Avery _____

School Council President _____

Relevant Documents / Links:

DEECD School Policy & Advisory Guide (SPAG) Sun & UV protection (2011)

DEECD Health, Safety & Workcover

Catholic Education Commission of Victoria (CECV) Occupational Health & Safety Guidelines

Independent Schools Victoria (ISV) Compliance Framework

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

Radiation Protection Standard for Occupational Exposure to Ultraviolet Radiation (2006)

Safe Work Australia: Guidance Note for the Protection of Workers from the Ultraviolet Radiation in Sunlight

Relevant Resources:

SunSmart UV Alert: The SunSmart UV Alert indicates daily weather forecasts including temperature, local UV levels and times sun protection is or isn't needed. This is available in the weather section of the newspaper, on the SunSmart website at sunsmart.com.au, as a free iPhone app or as a widget that you can add to your website. It even includes a vitamin D tracker and sunscreen application reminder.

Creating effective shade: This online shade audit tool allows you to assess whether the existing shade at your service is adequate. It also helps you develop a list of practical recommendations to improve both built and natural shade. sunsmart.com.au/shading-audit/intro

Create your own SunSmart poster: online SunSmart poster templates where children choose the scene, text, upload an image of their own face to place into the scene and print off their very own poster with them as the SunSmart star. There are sun protection, vitamin D and snow posters to choose from www.sunsmart.com.au/createposter

SunSmart Millionaire: How SunSmart are you? An innovative online game-based resource for year 5–7 students that promotes the science behind the SunSmart message. Visit www.sunsmartmillionaire.com.au/

SunSmart Countdown: **song and associated activities**
sunsmart.com.au/protecting_others/at_school/sunsmart_countdown

Generation SunSmart: fun and interactive online sun protection modules for teachers – assists with professional learning requirements - school nurses and year 6 - 9 students. Visit generationsunsmart.com.au