



# SUNSMART

## Rationale:

**A 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. Exposure to the sun's UV during childhood and adolescence is associated with an increased risk of skin cancer in later life. Too little UV from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health.**

## Aims:

This SunSmart policy provides guidelines to:

- Educate students, staff and the school community about the importance of getting adequate levels of UV for good health and wellbeing.
- Ensure all students and staff have some UV exposure for vitamin D.
- Ensure all students and staff are well protected from too much UV exposure by using a combination of sun protection measures whenever UV levels reach 3 and above\*.
  - Ensure the outdoor environment is sun safe and provides shade for students and staff.
  - Ensure students are encouraged and supported to develop independent sun protection skills.
  - Support duty of care requirements
- Support appropriate OHS strategies to minimise UV risk and associated harms for staff and visitors

## Implementation:

- Staff and students are encouraged to access the daily local sun protection times at [sunsmart.com.au](http://sunsmart.com.au) or on the free SunSmart app to assist with the implementation of this policy.
- A combination of sun protection measures are used for all outdoor activities from **September to the end of April** and whenever UV levels reach 3 and above\*. This means that Students are encouraged to use sun protection throughout Terms 1 and 4, at the beginning of Term 2 (month of April) and within Term 3 (throughout September), during a School Calendar year.
- Whenever possible, outside activities on hot days should be scheduled before 11:00 am.
- The school Newsletter, school website and school Assemblies will be used to highlight and reinforce the Sunsmart policy and UV Index Levels resources.
- Our school will seek membership as a Sunsmart school at the Cancer Council, Victoria and maintain this accordingly.

\*Outside of the months of September to April (inclusively), parents are encouraged to be vigilant by checking the UV Index and responding accordingly. This information can be found on the following site: <http://www.bom.gov.au/vic/uv/melbourne.shtml>

## Healthy physical environment

### 1. **Seek shade**

- We ensure that shade is accessible to all students and staff throughout the year. 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 and popular play areas.
- The availability of shade is considered when planning all other outdoor activities and excursions.
- In consultation with the School Council, shade provision is considered in plans for future buildings and grounds.
- The School Council will audit the school grounds to ensure there are adequate shade structures for students; particularly over high density play areas such as sand pits, eating areas and play equipment and these shades will be monitored at regular intervals re: maintenance and/or replacement.
- 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.

## Healthy social environment:

### 2. **Slip on sun protective 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 polo shirts with collars, longer style dresses and shorts.

### 3. **Slap on a hat**

- **All** students and staff are required to wear hats that protect their face, neck and ears, i.e. broad brimmed or bucket hats, whenever they are outside. Baseball or peak caps and visors are not considered part of the School Uniform.
- The school will ensure that school uniform broad brimmed hats are available for purchase from the uniform store.

### 4. **Slop on sunscreen**

- Students must provide their own SPF 30 or higher broad spectrum, water resistant sunscreen. **AND / OR**
- Sunscreen (SPF 30+) is available for student use and is located in all School buildings. NB: Allergy awareness to such products is required.
- Children will be actively encouraged to wear a broad-spectrum water resistant sunscreen (SPF30+).
- Sunscreen will be accessible on excursions and other outdoor school events, where required. Sunscreen will be applied by students according to the manufacturer's directions, under the supervision of teachers. Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminder notices, announcement, teacher reinforcement, time allowed to apply/add).
- Sunscreen is applied at least 20 minutes (where possible) before going outdoors and reapplied every two hours if outdoors.
- With parental consent, students with naturally very dark skin are not required to wear sunscreen to help with vitamin D requirements.

## **5. Slide on sunglasses [if practical]**

- 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.

### **Learning and skills:**

- Programs on SunSmart behaviour and Vitamin D will be included in the curriculum for all year levels.
- SunSmart behaviour is regularly reinforced and promoted to the whole school community through Newsletters, school Website, parent information events, staff meetings, school Assemblies, student and teacher activities and within school documentation.

### **Evaluation:**

- \* This policy will be reviewed as part of the school's 3-4 year review cycle.
- The School Council and staff regularly monitor and review the effectiveness of the SunSmart policy and revise the policy when required by completing a policy review and membership renewal with SunSmart at [sunsmart.com.au](http://sunsmart.com.au).
- SunSmart policy updates and requirements will be made available to staff, families and visitors.

### **Relevant documents / links:**

- The Compact: Roles and Responsibilities in Victorian government school education: Principle 3 (2012)
- 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 8.5.5 Shade Areas (Oct 2011)
- Education and Training Parliamentary Committee Inquiry into Dress Codes and School Uniforms in Victorian Schools -Government Response
- Safe Work Australia: Guidance Note for the Protection of Workers from the Ultraviolet Radiation in Sunlight (2008)
- AS 4685.1: 2014 Playground equipment and surfacing – General safety requirements and test methods

**This policy was ratified by School Council in September 2014**