



SUN SMART POLICY

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

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. Sun exposure in the first 10 years of life 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 essential for healthy bones and muscles, and for general health.

Aims:

This Sun Smart Policy has been developed to:

- Ensure all students and staff have some UV exposure for vitamin D.
- 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 Sun Smart policy.

Implementation:

Staff are encouraged to access the SunSmart UV Alert at www.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 1st to the end of April**.

1. 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 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.

2. 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 shirts and dresses with collars and sleeves.
- Rash vests are encouraged during outside swimming.

3. Hats

- **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. Students who do not have appropriate hats or outdoor clothing are required to sit/play in a designated undercover area protected from the sun.



4. Sunscreen

- Students must provide their own SPF 30+ broad spectrum, water resistant sunscreen.
- Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminder notices, verbal reminders from teachers, instruction from prep teachers, sunscreen monitors, sunscreen buddies).

Staff OHS and Role modelling

As part of OHS UV risk controls and role-modelling, from September 1st to end of April, staff:

- wear sun protective hats, clothing when outside
- apply SPF 30+ broad spectrum, water resistant sunscreen
- seek shade whenever possible

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.

Curriculum

- 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, school homepage, parent meetings, staff meetings, school assemblies, student and teacher activities and on student enrolment.

Relevant Documents / Links

- DET School Policy & Advisory Guide (SPAG) Sun & UV protection
- DET 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 (2008)



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 www.sunsmart.com.au, as a free smart phone app or as a widget that you can add to your website.
- **Creating effective shade:** This online shade audit tool allows you to assess whether the existing shade at your school is adequate. It also helps you develop a list of practical recommendations to improve both built and natural shade.
<http://www.sunsmart.com.au/shade-audit/>
- **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 <http://www.sunsmartposter.com.au/>
- **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 <https://www.generationsunsmart.com.au/sunsmart-millionaire/>
- **SunSmart Songs:** <http://www.sunsmart.com.au/communities/early-childhood-primary-schools/resources-primary-early-childhood/songs>

Countdown: song and associated activities

Skin: Song written by Allan Caswell (who has kindly allowed SunSmart to share it with schools and services), this upbeat song has a focus on tolerance (and sun protection!).

- **Generation SunSmart:** fun and interactive online sun protection modules for teachers, school nurses and year 6 - 9 students. Visit www.generationsunsmart.com.au
- **Video clips, online learning modules, interactive games and curriculum resources** available from <http://www.cancer.org.au/preventing-cancer/sun-protection/sunsmart-schools/primary-school-resource.html>
- **Heat and UV Guide:** provides key information to deal with heat and UV. Available from <http://www.sunsmart.com.au/downloads/communities/sports-clubs/uv-exposure-heat-illness-guide.pdf>

Evaluation:

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

Key Person responsible for development of the MPPS Sun Smart Policy:

Principal

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

25th May 2016