



June North SunSmart Policy

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

Rationale

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. Some UV exposure is necessary to ensure adequate levels of Vitamin D are maintained.

Objectives

This SunSmart Policy has been developed to:

- Encourage the entire school community to use a combination of sun protection measures at all times throughout the year – particularly 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 all students and staff have some UV exposure for vitamin D.
- 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 at all times during the year.

1. Shade

- The school Principal together with the P&C 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.

- 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.

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 with collars and elbow length sleeves, longer style dresses and shorts and rash vests or t-shirts for outdoor 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. This will be expected all year round. Baseball or peak caps are not considered a suitable alternative.

4. 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.

5. Sunscreen

- The school supplies SPF 30+ broad spectrum, water resistant sunscreen for staff and student's use.
- Sunscreen is applied at least 20 minutes before going outdoors and reapplied every two hours if outdoors.
- Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminder notices, sunscreen monitors, sunscreen buddies).
- With parental consent, students with naturally very dark skin are not required to wear sunscreen to help with vitamin D requirements.

UV Index

11+	Extreme
8,9,10	Very High
6,7	High
3,4,5	Moderate
1,2	Low

Sun protection is generally not needed unless outside for extended periods

5 ways to protect yourself

- **Slip** on sun-protective clothing
- **Slap** on SPF30+ sunscreen. Reapply every 2 hours
- **Slap** on a broad brimmed hat
- **Seek** shade
- **Slide** on wrap-around sunglasses





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Staff OHS and Role modelling

As part of OHS UV risk controls and role-modelling, staff:

- wear sun protective hats, clothing and sunglasses 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.
- Sports and PE activities are scheduled for sessions when the UV exposure is at its lowest – all children participating in sporting & PE activities must wear a school bucket hat.

Review

- The school P&C and staff regularly monitor and review the effectiveness of the SunSmart policy (at least once every three years) and revise the policy when required.

Next policy review: December 2014

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 8.5.5 Shade Areas (Oct 2011)
- 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:** available as a free SunSmart app, online (sunsmart.com.au or bom.gov.au/weather/uv), in the weather section of newspapers, or as a free widget to place on your website. The sun protection times show when the UV is forecast to be 3 or above.
- **Creating effective shade:** online shade audit tool allows you to assess whether your existing shade 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
- **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!). www.sunsmart.com.au/protecting_others/at_school/e6_p6_schools/
- **Generation SunSmart:** fun and interactive online sun protection modules for teachers, school nurses and year 6 - 9 students. Visit generationsunsmart.com.au
- **Video clips, online learning modules, interactive games and curriculum resources** available from http://www.sunsmart.com.au/protecting_others/at_school/e6_p6_schools/
- **Heat and UV Guide:** provides key information to deal with heat and UV. Available from www.sunsmart.com.au/downloads/Protecting_others/Heat_and_uv_guide.pdf

