

SunSmart

POLICY

Rationale:

Our SunSmart policy has been developed to ensure that all students and staff attending this school are protected from skin damage caused by the harmful ultraviolet rays of the sun, especially from September to April. It is important to have a healthy balance of ultraviolet radiation (UV). Too much UV can cause sunburn, skin and eye damage and skin cancer. 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.

Objectives:

This SunSmart Policy has been developed to:

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.

Parents are encouraged to access the SunSmart UV alert at: sunsmart.com.au

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 get some UV for vitamin D.

Ensure that families and new staff are informed of the school's SunSmart policy.

Curriculum

Incorporate programs on skin cancer prevention and vitamin D into the curriculum at all year levels.

Regularly reinforce SunSmart behaviour in a positive way through assemblies, newsletters, parent meetings, student and teacher activities.

Ensure the SunSmart policy is reflected in the planning of all outdoor events (i.e. camps, excursions, sporting events).

Conduct the swimming program in an indoor pool.

Interschool sport to be played in the mornings in terms one and four.

Behaviour

Children are required to wear a sun smart hat that protect the face, neck and ears whenever they are outside from September to the end of April (i.e. recess, lunchtime, sport, excursions) and special events outside these times if the staff feel that wearing a hat is necessary.

Sun protective clothing is included in our school uniform and sports uniform. School clothing is cool, loose fitting and made of densely woven fabric. It includes shirts with collars and longer sleeves.

NO HAT NO PLAY rule - children without a hat to stay in specified shaded area – outside the Principal's office.

Encourage the self application of SPF 30+ broad spectrum sunscreen before school and prior to lunchtime.

No sharing of sunscreen.

Sport staff have sunscreen available for self application prior to physical education lessons.

With parental consent, students with naturally very dark skin are not required to apply sunscreen to help with vitamin D requirements.

Encourage children to use available areas of shade for outdoor activities.

Request staff and parents to act as role models by practising SunSmart behaviour - staff to wear hats whenever they are outside. Staff are asked not to wear string tops or singlets (refer to Staff Dress Code Policy).

Students and staff are encouraged to wear close fitting and 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.

Environment

Organise outdoor activities to be held in areas with shade, whenever possible.

Schedule outdoor assemblies early in the day.

Sun shelters have been erected and trees have been planted to provide shade in the school grounds..

Evaluation

This policy is to be reviewed each year.

Review the SunSmart behaviour of students, staff, parents and visitors and make recommendations for improvement.

Assess shade provision and usage and make recommendations to the Facilities Committee.

Update and promote curriculum material relevant to SunSmart and vitamin D activities.

Relevant Documents / Links

- DEECD School Policy & Advisory Guide (SPAG) Sun & UV protection (2011)
- DEECD Health, Safety & Workcover
- 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

Evaluation:

This policy will be reviewed in line with new legislation, regulations and best practice.