

SUN SMART POLICY

Purpose

- 1.1 To heighten the awareness of the entire school community of the importance of Sun Safe behaviour in students now, in order to decrease the likelihood of skin cancer in their adulthood.
- 1.2 To endeavour that all students and staff have a healthy UV exposure balance to help with vitamin D and minimise the damage that could be caused by the harmful overexposure to U.V. rays of the sun.
- 1.3 To ensure that the outdoor environment provides shade for students and staff.
- 1.4 To ensure students are encouraged and supported to develop independent sun protection skills to help them be responsible for their own sun protection.
- 1.5 To support duty of care requirements.
- 1.6 To support appropriate OHS strategies to minimise UV risk and associated harms for staff and visitors.

Background

Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. UV damage accumulated during childhood and adolescence is associated with an increased risk of skin cancer in later life.

Legislation and Standards

- [Occupational Health and Safety Act 2004](#)
- [Education and Training Reform Act 2006](#): Sch.5 Reg. 1 (1.2)

Procedures

- To assist with the implementation of this policy, staff and students are encouraged to access the daily local sun protection times via the [SunSmart widget](#), the free [SunSmart app](#), or at sunsmart.com.au or myuv.com.au.
- The sun protection measures listed are used for all outdoor activities during the **daily local sun protection times** (whenever UV levels are 3 or higher), typically from mid-August to the end of April in Victoria.
- SunSmart policy applies on non-uniform days including free dress/excursion and camps.

Actions

1. Seek shade

- The school will endeavour to ensure that there is adequate provision of shade within the school grounds for the number of students by planting trees, building permanent shade structures and that students be encouraged to use these areas.
- The availability of shade is considered when planning all 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.
- In consultation with the school council, shade provision is considered in plans for future buildings and grounds.
- A shade assessment is conducted regularly to determine the current availability and quality of shade.

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 shirts with collars and elbow-length sleeves, longer dresses and shorts and rash vests or t-shirts for outdoor swimming
- Students who do not have adequate protection will be directed to an area protected from the sun.

3. Slap on a hat

- All students are required to wear their SHPS broad-brimmed hat, that protect their face, neck and ears, whenever they are outside between mid-August to the end of April and whenever the UV levels are 3 or higher. Peak caps, visors and non SHPS hats are not considered a suitable alternative.
- Families will be requested to provide their child with two hats. One hat will be kept in the classroom and the other kept in the school bag to be worn to and from home.

4. Slop on sunscreen

- SHPS will supply SPF 30 (or higher) broad-spectrum, water-resistant sunscreen for staff and students' use.
- Sunscreen is applied at least 20 minutes (where possible) before going outdoors and reapplied every two hours or more frequently if sweating or swimming (outdoor).
- Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminder notices, sunscreen monitors, sunscreen buddies).
- Families are also requested to support the SunSmart program by ensuring their child has had practice in applying their own sunscreen as recommended by SunSmart.
- It is the responsibility of parents, at the beginning of the school day to help their child/ren apply SPF 30 or higher broad spectrum sunscreen.

5. Slide on sunglasses [if practical]

- Where practical students 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

- Students should be involved in a variety of learning activities to develop knowledge, attitudes and skills relevant to personal skin protection.

Engaging children, educators, staff and families

- SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school website/intranet, staff and parent meetings, school assemblies, student and teacher activities and at student enrolment/new staff orientation.

- As part of OHS UV risk controls and role-modelling, staff, families and visitors:
 - wear a sun protective hat, covering clothing and, if practical, sunglasses;
 - apply sunscreen; and
 - seek shade whenever possible.
- On days when the temperature reaches 32° or above during an outside break, a modified lunch/recess will be implemented.

Monitoring and review

- The school will seek ongoing support from parents and the community for the Sun Smart policy and its implementation.
- SunSmart policy updates and requirements will be made available to staff, families and visitors.
- The school council and staff monitor and review the effectiveness of the SunSmart policy and revise the policy when required (at least once every three years) by completing a policy review and membership renewal with SunSmart at sunsmart.com.au.

Next policy review: May 2020