

SUNSMART

POLICY

Rationale:

- A healthy UV exposure balance helps with Vitamin D and minimises skin cancer risk. Over exposure to the sun presents a serious health risk and can lead to skin and eye damage and skin cancer. Students must therefore be educated as to the need for suitable sun protection, and protected from over exposure to the sun whilst at school.

Aims:

- To educate students as to suitable sunsmart protection strategies.
- To encourage children and teachers to get some sun exposure for Vitamin D and protect themselves from the harmful effects of the sun.

Implementation:

Staff and students are encouraged to access the daily sun protection times at 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 policy is to be read in conjunction with the St Leo the Great Uniform Policy which includes shirts with collars and elbow length sleeves, longer style dresses and rash vests or t-shirts for outdoor swimming.
- Children will be required to wear St Leo the Great legionnaire hat which protects the face, neck and ears as recommended by the Anti-Cancer Council from 1st September until the end of April, whenever they are outside. Sunglasses labelled AS 10767 will also be encouraged if children choose to wear these.
- Staff will act as role models by also wearing broad brimmed hats when outside.
- Children without the approved hats will be required to spend their recess and lunch in the designated shelter shed provided in the playground.
- Children will be actively encouraged to wear a broad-spectrum water resistant sunscreen (SPF30+). Sunscreen will be provided in the First Aid room, and on excursions. Sunscreen will be applied by students according to the manufacturer's directions, under the supervision of teachers.
- Sunscreen is applied at least 20 minutes (where possible) before going outdoors and reapplied every two hours if outdoors.
- Strategies are in place to remind students to apply sunscreen before going outdoors. (Teacher reminders and sunscreen monitors).
- With parental consent children with naturally dark skin are not required to wear sunscreen to help with Vitamin D requirements.
- Whenever possible, outside activities on hot days should be scheduled before 11:00 am.
- The school will provide adequate shade structures for students as practicable; particularly over high density play areas such play equipment.

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

- The Uniform Shop staff will ensure that school uniform legionnaire hats are available for purchase from the Uniform Shop.
- The school newsletter and school assemblies will be used to highlight and reinforce the sunsmart policy.
- Sunsmart activities and sun protection will form part of the Health and Physical Education curriculum at all year levels.
- Our school has membership as a Sunsmart school from the Cancer Council of Victoria.

Evaluation:

- This policy will be reviewed as part of the school's policy review process.

Legislation and Standards

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

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
 - 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.

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