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PARISH PRIEST: Fr Shane Mackinlay
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SUNSMART POLICY

Reviewed: March 2017
Ratified: March 2017
To be reviewed: March 2021

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. Exposure to the sun's UV during childhood and adolescence is associated with an increased risk of skin cancer in later life.

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.

POLICY STATEMENT:

Children living in the community of Bungaree Parish Schools will adhere to the SunSmart Policy.

Sun Protection will be used in Term 1 and Term 4.

OBJECTIVES

This SunSmart Policy has been developed to:

- Ensure all students and staff have some UV exposure for vitamin D.
- Ensure all students and staff are well protected from too much UV exposure by using a combination of sun protection measures during the daily local sun protection times (issued whenever UV levels are 3 and above).
- Ensure the outdoor environment is sun safe and provides shade for students and staff.
- Ensure students are encouraged and supported to develop independent sun protection skills to help them be responsible for their own sun protection.
- 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.

The sun protection measures listed below are used for all outdoor activities **during the daily local sun protection times** (issued whenever UV levels are 3 and above), typically from September to the end of April in Victoria.

1. Seek *shade*

- The school council makes sure there are sufficient shelters and trees providing shade in outdoor areas particularly in high-use areas e.g. where students have lunch, assemblies, sports, outdoor lessons and popular play spaces.
- The availability of shade is considered when planning all other outdoor activities.
- Students are encouraged to use available areas of shade when outside.

- We have a no hat no play policy.
- In consultation with the school council, shade provision is considered in plans for future buildings and grounds.
- A shade audit 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

3. Slap on a hat

- **All staff and** students are required to wear hats that protect their face, neck and ears (legionnaire, broad-brimmed or bucket hat), whenever they are outside. Peak caps and visors are not considered a suitable alternative.

4. Slop on sunscreen

- Students are encouraged to come to school with SPF30 (or higher) broad-spectrum, water-resistant sunscreen applied.
- The school will supply SPF30 (or higher) broad-spectrum, water-resistant sunscreen for staff and student's use for reapplication throughout the day.
- Sunscreen will be available to be applied 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).

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

- Programs on sun protection and vitamin D are included in the curriculum for all year levels.

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 on 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 SPF30 (or higher) 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.

Monitoring and review

- The school council and staff regularly monitor and review the effectiveness of the SunSmart policy (at least once every three years) and revise the policy when required by completing a policy review

Relevant documents / links

- DEAT The Compact: Roles and Responsibilities in Victorian government school education: Principle 3 (2012)
- DEAT School Policy & Advisory Guide (SPAG) Sun & UV protection (2011)
- DEAT OHSMS Implementation Guide (2009)
- DEAT Building Quality Standards Handbook (BQSH): Section 8.5.5 Shade Areas (Oct 2011)
- DEAT Guidelines for School Playgrounds –Playground safety management: Section 3.2.5 (2012)
- DEAT Outdoor activities
- Catholic Education Commission of Victoria (CECV) Occupational Health & Safety Checklist
- Independent Schools Victoria (ISV) Compliance Framework: Sun Protection / Health & safety
- Victorian Early Years Learning and Development Framework (VEYLDF)
- 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

Latest update: April 2016
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