

Melton South Primary School

SUNSMART POLICY

Rationale:

Over exposure to the sun presents a serious health risk. Students and Staff must therefore be educated as to the need for suitable sun protection, and protected from over exposure to the sun whilst at school.

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 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.

Purpose:

This SunSmart policy provides guidelines to:

Ensure all students and staff have some UV exposure for vitamin D.

Ensure all students and staff are protected from over-exposure to UV radiation by using a combination of sun protection measures whenever UV levels reach 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.

Support duty of care requirements.

Support appropriate OHS strategies to minimise UV risk and associated harms for students, staff and visitors.

Aims:

To educate students and staff as to suitable sunsmart protection strategies.

To encourage students and staff to protect themselves from the harmful effects of the sun.

Implementation:

References: Exec Memo No 99/039,
Anti-Cancer Council of Victoria ph: 9635 5148
Vic Govt Schools Reference Guide - <http://www.eduweb.vic.gov.au/edulibrary/public/schadmin/environment/4-5.pdf>

Occupational Health and Safety Act 2004
Education and Training Reform Act 2006: Sch.5 Reg. 1 (1.2)
E: sunsmart@cancervic.org.au
P: 9514 5419
W: sunsmart.com.au

A combination of sun protection measures are used for all outdoor activities from mid August to the end of April and whenever UV levels reach 3 and above.

Healthy physical environment

1. *Seek shade*

A shade audit is conducted regularly to determine the current availability and quality of shade.

The availability of shade is considered when planning all other outdoor activities and excursions.

In consultation with the school council, shade provision is considered in plans for future buildings and grounds.

Students are encouraged to use available areas of shade when outside.

Students who do not have appropriate hats are asked to play in the shade or a suitable area protected from the sun.

Healthy social environment

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 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. Baseball or peak caps and visors are not considered a suitable alternative.

4. *Slop on sunscreen*

The school will provide SPF 50+ water resistant sunscreen.

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

Sunscreen is applied at least 20 minutes, where possible, before going outdoors and reapplied every two hours if outdoors by the students.

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 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.

Learning and skills

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.

Engaging students, staff and families

Students, staff and families are provided with information on sun protection and vitamin D through family newsletters, noticeboards and the school's website.

As part of OHS UV risk controls and role-modelling, when the UV is 3 and above students and staff:

- wear a sun protective hat, covering clothing and, if practical, sunglasses when outside
- apply sunscreen
- seek shade whenever possible

Monitoring and review

The school council and staff will 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 and membership renewal with SunSmart at sunsmart.com.au.

SunSmart policy updates and requirements will be made available to staff, families and visitors.

At Melton South Primary School:

- This policy is to be read as part of our Student Dress Code.
- Students will be required to wear Anti-Cancer Council approved close-weave broad brimmed hats (at least 6 cm rigid brim) during terms 1 and 4 whenever they are outside.
- Staff will act as role models by also wearing broad brimmed hats when outside.
- Students without broad brimmed hats will be restricted play in designated shaded areas.
- Students will be actively encouraged to wear a broad-spectrum water resistant sunscreen (SPF30+) when attending school events whenever UV levels reach 3 and above.
- Sunscreen will be available on camps and excursions. Sunscreen will be applied by students according to the manufacturer's directions, under the supervision of teachers.
- School Council will also investigate the use of close fitting UV protection wrap around AS1067:2003 sunglasses for both students and staff.
- Whenever possible, outside activities on hot days should be scheduled before 11:00 am.
- The school council will provide adequate shade structures for students as practicable; particularly over high density play areas such as sand pits and play equipment.
- The school will ensure that school uniform broad brimmed hats are available for purchase from the office.
- The school newsletter, website 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 will seek accreditation as a Sunsmart school at the Anti-Cancer Council of Victoria.

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- To assist with the implementation of this policy, Melton South Primary Schools staff and students are encouraged to access the daily local sun protection times via the free [SunSmart app](#), or at sunsmart.com.au .

Evaluation:

This policy will be reviewed as part of the school's three-year review cycle in September 2018.

This policy was last ratified by School Council on....

September 2018