



SUNSMART POLICY

We are a safe, inclusive and faith-filled community that inspires respectful, critical thinkers to strive towards their infinite potential.

(St. Margaret's Vision Statement)

RATIONALE:

Too much UV from the sun can cause sunburn, skin damage, eye damage, immune system suppression and skin cancer. Australia has one of the highest rates of skin cancer in the world. Two in three Australians will develop some form of skin cancer before they are 70. Overexposure to UV during childhood and adolescence is a major cause of skin cancer.

Sun protection is needed whenever UV levels reach 3 and above. In Victoria average UV levels are 3 and above from August until to the end of April. During these months extra care is needed between 10am–3pm, when UV levels reach their peak. Too little UV from the sun can lead to low vitamin D levels. Vitamin D regulates calcium levels in the blood. It is also necessary for the development and maintenance of healthy bones, muscles and teeth and for general health.

From May to July in Victoria, average UV levels are below three, so sun protection isn't usually needed during these months, unless in alpine regions, near highly reflective surfaces such as snow or outside for extended periods.

OBJECTIVES:

The goals of the SunSmart Policy are to:-

- Ensure that all students and staff are protected from over-exposure to UV radiation.
- Encourage the entire school community to use a combination of sun protection measures whenever UV Index levels reach 3 and above.
- Encourage safe UV exposure whenever UV levels are below 3.
- 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 that families and new staff are informed of the school's SunSmart policy.
- Students and staff are encouraged to access the daily local sun protection times via the SunSmart widget on the school's website, the free SunSmart app or at sunsmart.com.au to assist with the implementation of this policy.

- The sun protection times are a forecast from the Bureau of Meteorology for the time of day UV levels are forecast to reach 3 or higher. At these levels, sun protection is recommended for all skin types. UV levels regularly reach 3 or higher from mid-August to the end of April.
- Students and staff use a combination of sun protection measures whenever UV levels reach 3 and above.
- Our SunSmart policy is considered when planning all outdoor events e.g. assemblies, camps, excursions and sporting events. Where possible, outdoor activities/events will be scheduled to minimise time in direct sun; e.g. earlier in the morning or later in the afternoon. Shaded and indoor venues will be considered.

Due to our SunSmart policy the hour for lunch time will be held between 11am and 12pm for the entire year.

PROCEDURES:

1. Shade

- The school makes sure there is a sufficient number of shelters and trees providing shade in the school grounds particularly in areas where students congregate e.g. lunch, canteen, outdoor lesson areas and popular play areas.
- In consultation with the school, 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.
- The availability of shade is considered when planning excursions and all outdoor activities.
- Students are encouraged to use available areas of shade when outside.
- Students who do not have appropriate hats must follow our NO HAT NO PLAY procedure and are asked to stay in the courtyard which is a shaded area protected from the sun.

2. Clothing

- Sun protective clothing is included in our school uniform / dress code and sports uniform. School clothing is made of close weave fabric and includes shirts with collars and longer sleeves, longer style dresses and shorts and rash vests or t-shirts for outdoor swimming.

3. Hats

- Students and staff are required to wear hats that protect their face, neck and ears, i.e. legionnaire or bucket hat, whenever they are outside. (Baseball caps do not offer enough protection and are therefore not recommended.)

4. Sunglasses [SUGGESTED]

- 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.

5. Sunscreen

- SPF 30+ broad spectrum, water resistant sunscreen is supplied by individuals.
- Sunscreen is applied at least 20 minutes before going outdoors and reapplied every two hours if outdoors.

- Strategies are in place to remind students to apply sunscreen before going outdoors, eg: reminder notices, signs around school.
- Staff OHS and Role modelling
- As part of OHS UV risk controls and role modelling, staff:
 - Wear sun protective hats, clothing and sunglasses when outside.
 - Apply SPF 30+ 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.

CURRICULUM:

- SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school homepage, parent meetings, staff meetings, school assemblies, students and teacher activities and on student enrolment.

Review

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

RELEVANT DOCUMENTS / LINKS:

1. Victorian Government Schools Reference Guide: 4.5.11 Skin protection

www.eduweb.vic.gov.au/referenceguide/enviro/default.htm

2. Victorian Early Years Learning and Development Framework (VEYLDF)

3. Building Quality Standards Handbook (BQSH): Section 7.5.5 Shade Areas

4. Education and Training Parliamentary Committee Inquiry into Dress Codes and School Uniforms in Victorian Schools -Government Response

www.parliament.vic.gov.au/etc/fs_previous.html

5. Occupational Health and Safety Act 2004 Sections 21 and 23: Main Duties of Employers
Section 25: Duties of Employees www.worksafe.vic.gov.au

6. Radiation Protection Standard for Occupational Exposure to Ultraviolet Radiation (2006)

ARPANSA Radiation Protection Series No. 12
<http://www.arpansa.gov.au/publications/codes/rps12.cfm>

7. Safe Work Australia: Guidance Note for the Protection of Workers from the Ultraviolet Radiation in Sunlight

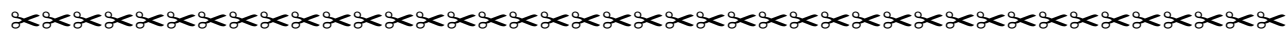
<http://www.safeworkaustralia.gov.au/swa/HealthSafety/HazardsSafetyIssues/UltravioletRadiationinSunlight.htm>

8. SunSmart UV Alert (issued whenever the UV Index reaches 3 and above) sunsmart.com.au or www.bom.gov.au/weather/uv/

9. Sun protection: sunsmart.com.au

10. UV and vitamin D: sunsmart.com.au/vitamin_d

Updated March 2020



Please complete and return this tear off slip to the office by Monday 31st August 2020

I / We have read and discussed the SUNSMART Policy with my child / ren, and understand our obligations with respect to this Policy.

Signature: _____

Print Name: _____

Family Name: _____

EVALUATION:

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

Reviewed: March 2020