



St. Martin de Porres School

Avondale Heights

SUNSMART POLICY

RATIONALE

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.

BEHAVIOR

This SunSmart Policy has been developed to:

- ◆ ensure all students and staff are protected from over-exposure to UV radiation;
- ◆ ensure the outdoor environment 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; and
- ◆ support appropriate OHS strategies to minimise UV risk and associated harms for staff and visitors.

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 on the school's website, the free SunSmart app, or at sunsmart.com.au or myuv.com.au.

IMPLEMENTATION

From mid-August to April in Victoria

During these months, UV levels are regularly reaching 3 or higher in Victoria. At these levels, sun protection is recommended for all skin types. During these months, a combination of sun protection measures are used whenever outdoors including :

1. Shade

- ◆ A shade audit is conducted regularly to determine the current availability and quality of shade.
- ◆ The School Principal 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.
- ◆ The availability of shade is considered when planning excursions and all other outdoor activities.
- ◆ 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 or outdoor clothing are asked to play in the shade or a suitable area protected from the sun.

2. 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 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, broad brimmed or bucket hats, whenever they are outside. Because a baseball cap does not offer enough protection, students wearing a baseball cap will have the same consequences as not wearing a hat.

4. Sunglasses

- ◆ 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

- ◆ SPF30 (or higher) broad spectrum, water resistant sunscreen is available for staff use. Families will be regularly reminded to supply their children with appropriate sunscreen from mid-August to April each year.
- ◆ Sunscreen should be 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 (e.g. reminder notices, sunscreen monitors, sunscreen buddies).

From May to mid-August in Victoria

When average UV Index levels are below 3, sun protection measures are not used from May until mid-August unless in alpine regions, near highly reflective surfaces such as snow or outside for extended periods.

Staff OHS and Role modelling

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

- ◆ 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.

EVALUATION

The school staff and Parish School Advisory Board will review the effectiveness of this policy each year.

They will :

- ◆ review the SunSmart behaviours of students, staff and parents and make recommendations for improvement.
- ◆ assess shade provision and usage and make recommendations for increases in shade provision.
- ◆ update and promote curriculum material relevant to SunSmart activities.

Reviewed October 2017, 2018