



SOMERVILLE RISE PRIMARY SCHOOL

SUNSMART POLICY

Review

1. Rationale or Purpose

A healthy balance of the sun's ultraviolet radiation (UV) exposure is important for health. Too much UV from the sun can cause sunburn, skin damage, eye damage 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 three and above. In Victoria average UV levels are three and above from September 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 August 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.

2. Policy Statement

This policy is aligned with the guidelines of Sun Smart Schools, Cancer Council of Victoria and Vic Health.

The goals of the SunSmart Policy are to:

- Ensure that all students and staff maintain a healthy UV exposure balance.
- 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 Index 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.

3. Implementation

Where applicable, staff are encouraged to access the daily SunSmart UV Alert to assist with the implementation of this policy.

From September to April in Victoria

- When average UV Index levels reach 3 and above. Students and staff use a combination of sun protection measures whenever UV levels reach 3 and above. Extra care is taken between 10am and 3pm when UV levels reach their peak during the day.
- 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.

1. Shade

- The School Council 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 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.
- 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 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 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. (Please note: Singlet tops do not offer enough protection and are therefore not recommended.)

3. Hats

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

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

- SPF 30+ broad spectrum, water resistant sunscreen is available for staff and student's use. [supplied by school and/or families]
- Sunscreen is applied at least 20 minutes before going outdoors and reapplied every two hours if outdoors.

- Students are reminded to apply sunscreen before going outdoors.
- With parental consent, students with naturally very dark skin (skin that rarely or never burns) are not required to wear sunscreen.

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.

From May to August in Victoria

When average UV Index levels are below 3.

- To help maintain winter vitamin D levels, sun protection measures are not used from May until August unless the UV Index level reaches 3 and above.
- Sun protection measures are only required when in alpine regions, near highly reflective surfaces such as snow or outside for extended periods.

Curriculum

- Programs on skin cancer prevention and healthy UV exposure levels 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.

4. Evaluation and review

A review of the SunSmart Policy will be undertaken every two years.

The review will be the responsibility of the School's Leadership Team and will be based on feedback from participants and other staff members responsible for the policy's implementation.

5. References

1. School Policy and Advisory Guide: Sun and UV Protection
<http://www.education.vic.gov.au/school/principals/spag/health/Pages/sun.aspx#H2N101DD>
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](http://www.sunsmart.com.au) or
<http://www.sunsmart.com.au/>
9. SunSmart resources: <http://www.sunsmart.com.au/communities/early-childhood-primary-schools/resources-primary-early-childhood/curriculum-resources>
10. UV and vitamin D: [sunsmart.com.au/vitamin_d](http://www.sunsmart.com.au/vitamin_d)

Date Implemented	12/052014
Author	
Approved By	School Council
Approval Authority (Signature & Date)	
Date Reviewed	12/05/2014
Responsible for Review	Assistant Principal
Review Date	May 2016
References	<ul style="list-style-type: none"> • DEECD Anaphylaxis Policy • DEECD Health Support Planning Policy