



## SUNSMART POLICY

### Rationale:

- Overexposure to UV during childhood and adolescence is a major factor in determining future skin cancer risk. Melanoma is the most common cancer in young Australians aged 13-24 years.
- Ultraviolet (UV) radiation cannot be seen or felt, comes directly from the sun and can also be scattered in the air. It is reflected by surfaces such as buildings, concrete, snow, and sand and can pass through light clouds.
- UV radiation varies in intensity across the year and is normally highest during school hours.
- However, **too little exposure** to UV radiation can lead to low vitamin D levels.
- This SunSmart policy has been developed to ensure that all students and staff attending Wyndham Park Primary School are protected from skin damage caused by the harmful ultraviolet rays of the sun. It is to be implemented throughout the year, but with emphasis in Terms 1 and 4.

### Aims:

- To create a healthy environment.
- To encourage appropriate behaviours to allow some UV exposure for vitamin D and minimise overexposure to reduce skin and eye damage and skin cancer risk.
- To encourage behaviour change through education and role-modeling.
- To protect staff and students from harm caused by overexposure to ultraviolet (UV) radiation
- To ensure Wyndham Park Primary School complies with DET policy and guidelines and the legislative requirements of *Occupational Health and Safety Act 2004*.

### Definitions:

"SunSmart" is a jointly funded initiative of the Cancer Council of Victoria and VicHealth and promotes a balance between the benefits and harms of ultra violet (UV) radiation.

### Implementation:

- The school will endeavour to ensure students and staff maintain a healthy balance of UV exposure from the sun.
- The school will assist students to be responsible for their own sun protection.
- New families and new staff will be informed of the programs.
- Safe UV exposure will be encouraged whenever UV Index levels are below 3.
- The school will adopt SunSmart principles.
- As part of the dress code, students will be required to wear hats that cover their face, neck and ears when outdoors in fourth and first terms (i.e. between the months September to April).
- Staff also will be required to wear hats whilst on yard duty during this period.
- Students and staff will be encouraged to wear close fitting, wrap-around sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2,3 or 4 and protect and cover as much of the eye as possible).
- Unless there is a specific health issue and for students with naturally dark pigmented skin, all students will be required to use SPF 30+ broad spectrum, water resistant sun screen. In consultation with the school community, this can be supplied by the school or provided by students as part of the booklist.

- Parents and visitors to the school will be encouraged to use the full range of sun protection measures when attending outdoor activities.
- There will be processes in place to remind students and the community of school policy.
- Please refer also to the school's *Uniform/Dress Code Policy*.

### School Specific Procedures

As part of general SunSmart strategies, Wyndham Park Primary School will:

#### **Behaviour**

Require children to wear school hats that protect the face, neck and ears whenever they are outside. (e.g. recess, lunch, sport excursions).

Work with the parent community to provide SPF15 (or higher) broad spectrum, water resistant sunscreen for students and staff.

Encourage daily application of sunscreen.

Encourage children to use available areas of shade for outdoor activities.

Direct staff and parents to act as role models by practicing SunSmart behaviours.

Direct children who do not have hats with them to play in areas protected from the sun.

#### **Curriculum**

Incorporate programs on skin cancer prevention into the curriculum at all grade levels.

Regularly reinforce SunSmart behaviour in a positive way through newsletters, parent meetings and student and teacher activities.

Ensure the SunSmart policy is reflected in the planning of all outdoor events (e.g. camps, excursions, sporting events).

#### **Environment**

Schedule outdoor activities before 11 am and after 3 pm during Terms 1 and 4 whenever possible.

Organise outdoor activities to be held in areas with plenty of shade wherever possible.

Work toward increasing the number of shelters and tree so as to provide adequate shade in the school grounds.

#### **Evaluation:**

- The Health and Physical Education Learning Area Team will review the effectiveness of this policy each year.
- They will:
- Review the Sun Smart behaviour of students, staff, parents and visitors 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
- This policy will be reviewed as part of the school's three-year review cycle or if guidelines change (latest DET update mid-April 2014).

<b>Date Implemented</b>	
<b>Author</b>	Leonie Gray, Principal
<b>Approved By</b>	
<b>Approval Authority (Signature &amp; Date)</b>	
<b>Date Reviewed</b>	
<b>Responsible for Review</b>	Laban Toose, Principal
<b>Review Date</b>	March 2015
<b>References</b>	<a href="http://www.education.vic.gov.au/school/principals/spag/health/pages/sun.aspx">www.education.vic.gov.au/school/principals/spag/health/pages/sun.aspx</a>