



SunSmart Policy

Relevant Vision Statement:

At St. Monica's we are seeking to promote a respectful, secure and healthy environment for all staff and students. Our Sun Smart policy is in keeping with the ideals set out in our Vision and Mission statement.

Basic Beliefs:

It's important to have a healthy balance of ultraviolet radiation (UV) exposure. Too much UV can cause sunburn, skin and eye damage and skin cancer. Overexposure to UV during childhood and adolescence is a major factor in determining future skin cancer risk. Too little UV can lead to low vitamin D levels. Vitamin D is necessary for the development and maintenance of healthy bones and muscles, and for general health.

- ◆ Saint Monica's School is committed to ensuring that all children attending the school are protected from risk of skin cancer caused by the harmful ultra-violet rays of the sun from September to the end of April
- ◆ We believe that children should be encouraged from an early age to care for and protect their skin.
- ◆ We believe that wherever possible the school environment and timetable needs to offer protection from the sun.
- ◆ We believe that the children learn by example of teachers, parents and significant others.

Aims:

Our school will ensure that the children are protected through concentrating on the areas of:

- ◆ Behavior
- ◆ Curriculum
- ◆ Environment

Staff are encouraged to access the SunSmart UV Alert at sunsmart.com.au or on our school website to find out daily local sun protection times to assist with the implementation of this policy.

- We use a combination of sun protection measures for all outdoor activities from **September to the end of April** and whenever UV levels reach 3 and above, the level that can damage skin and eyes.

Organisation:

Behavior

Saint Monica's School will strive to:

- ◆ Ensure that all children wear the school hat that provides protection for the face, neck and ears whenever they are outside for recess, lunch, sport, excursions and other activities from September to the end of April.
- ◆ 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 for outdoor swimming.
- ◆ Encourage children to use available shade for outdoor activities.
- ◆ Have staff, parents and visitors to be role models for the children through practising recognised sun smart behaviour.
- Sunscreen will be supplied, however we encourage students to bring their own (if allergic to the generic school brand) SPF 30+ broad spectrum sunscreen and to apply it when required
- Sunscreen is applied 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).
- ◆ With parental consent, students with naturally very dark skin are not required to wear sunscreen to help with vitamin D requirements.

Curriculum

Saint Monica's School will strive to:

- ◆ Provide relevant programmes on skin cancer prevention and vitamin D in the curriculum.
- ◆ Regularly reinforce sun smart behaviour in a positive way through newsletters, parent meetings and teaching activities.

Environment

Saint Monica's School will strive to:

- ◆ Organise outdoor activities to be held in areas of shade whenever possible.
- ◆ Work towards increasing the number of trees and sheltered areas to provide adequate shade in the school grounds.
- ◆ Work towards providing outdoor furniture to provide comfort, relaxation and eating areas in the shady areas of the playground.

Evaluation:

This Policy will be reviewed as part of the school's review cycle.

Ratified: November 2015

Minor Review: 2017

Next Review Date: 2019

Relevant Documents / Links

- DEECD School Policy & Advisory Guide (SPAG) Sun & UV protection (2011)
- DEECD Health, Safety & Workcover

- Catholic Education Commission of Victoria (CECV) Occupational Health & Safety Guidelines
- Victorian Early Years Learning and Development Framework (VEYLDF)
- Building Quality Standards Handbook (BQSH): Section 7.5.5 Shade Areas
- Education and Training Parliamentary Committee Inquiry into Dress Codes and School Uniforms in Victorian Schools - Government Response
- Occupational Health and Safety Act 2004
- Radiation Protection Standard for Occupational Exposure to Ultraviolet Radiation (2006)
- Safe Work Australia: Guidance Note for the Protection of Workers from the Ultraviolet Radiation in Sunlight
- Catholic Education Commission of Victoria (CECV) Occupational Health & Safety Guidelines
- Independent Schools Victoria (ISV) Compliance Framework
- Victorian Early Years Learning and Development Framework (VEYLDF)
- Building Quality Standards Handbook (BQSH): Section 8.5.5 Shade Areas (Oct 2011)
- Education and Training Parliamentary Committee Inquiry into Dress Codes and School Uniforms in Victorian Schools - Government Response
- Safe Work Australia: Guidance Note for the Protection of Workers from the Ultraviolet Radiation in Sunlight (2008)
- AS 4685.1: 2014 Playground equipment and surfacing – General safety requirements and test methods