



SUNSMART Policy

Mornington Park Primary School 5040

POLICY DATE:

STATUS: Approved by School Council May 2014

Rationale:

A balance of ultraviolet radiation (UV) exposure is important for health. Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. Sun exposure in the first 10 years of life is a major factor in determining future skin cancer risk.

Too little UV from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health.

Implementation:

The school uses 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.

1. Shade

- A shade audit is conducted regularly to determine the current availability and quality of 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.
- 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 a designated 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 long length sleeves, longer style dresses and shorts. Students are required to wear rash vests or t-shirts for outdoor swimming.

3. Hats

- All students are required to wear broad brimmed hats that protect their face, neck and ears whenever they are outside.
- It is an expectation that students will have their hat at school at all times.

4. Sunglasses [OPTIONAL]

- Students may 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

- Parents are encouraged to provide SPF 30 or higher broad spectrum, water resistant sunscreen for their children.
- Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminder notices, sunscreen monitors, sunscreen buddies).

Staff OHS and Role modelling

As part of OHS UV risk controls and role-modelling, when the UV is 3 and above staff are encouraged to:

- wear sun protective hats, clothing and sunglasses when outside
- apply SPF 30 or higher 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.

Review

- The school council and staff regularly monitor and review the effectiveness of the SunSmart policy (at least once every three years) and revise the policy when required by completing a policy review and membership renewal at sunsmart.com.au.

Next policy review: 2017 .

Relevant Documents / Links

- Education and Training Reform Act 2006: Sch.5 Reg. 1 (1.2)
- Occupational Health and Safety Act 2004
- The Compact: Roles and Responsibilities in Victorian government school education: Principle 3 (2012)
- DEECD School Policy & Advisory Guide (SPAG) Sun & UV protection (2011)
- DEECD Health, Safety & Workcover
- 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)

Relevant resources

Animations, PDF posters, online learning modules, interactive games, curriculum resources and interactive whiteboard lessons are all available from

<http://www.sunsmart.com.au/communities/early-childhood-primary-schools/resources-primary-early-childhood>

Resources also include:

- **SunSmart sun protection times:** available as a free SunSmart app, online (sunsmart.com.au or bom.gov.au/weather/uv), in the weather section of the newspaper or as a free widget to place on your website.
- **Creating effective shade:** online shade audit tool allows you to assess whether your existing shade is adequate. It also helps you develop a list of practical recommendations to improve both built and natural shade.
- **Create your own SunSmart poster:** online SunSmart poster templates where children choose the scene, text, upload an image of their own face to place into the scene and print off their very own poster with them as the SunSmart star. There are sun protection, vitamin D and snow posters to choose from.
- **SunSmart Millionaire:** How SunSmart are you? An innovative online game-based resource for year 5–7 students that promotes the science behind the SunSmart message.
- **SunSmart Countdown:** song and associated activities
- **Skin:** Song written by Allan Caswell (who has kindly allowed SunSmart to share it with schools and services), this upbeat song has a focus on tolerance (and sun protection!).
- **Generation SunSmart:** fun and interactive online sun protection modules for teachers, school nurses and year 6 - 9 students.
- **Heat and UV Guide:** provides key information to deal with heat and UV.

Review Date May 2017
