

### Rationale:

A healthy balance of the sun's ultraviolet (UV) radiation 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 known to be 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.

### Aims:

- 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 UV radiation policy.
- to encourage all students to wear the appropriate school uniform in particular a hat during Terms 1 and 4 whilst outside at breaks and during Sport, Phys Ed classes and whilst on excursions, where appropriate.
- Where applicable, staff are encouraged to access the daily SunSmart UV Alert to assist with the implementation of this policy.

### Implementation:

Staff Support is required in the following manner:

- Act as an appropriate role model by wearing hats, sunglasses and using sunscreen on duty and whilst supervising sport.
- Enforce the consequences of breaches of this policy.
- Families and visitors are encouraged to use a combination of sun protection measures when attending school events.

### Shade

The school council/board ensures:

- Shade is available in the school grounds particularly in areas where students congregate – for example, lunch areas, canteen, outdoor lesson areas.
- provision is considered in plans for future buildings and grounds.
- Processes for the planning of outdoor activities and excursions include the consideration of shade.
- Students are encouraged to use shade when outside particularly if they are not wearing appropriate hats or clothing.

### During Terms 1 & 4

- Students are to wear their hats whilst outside during recess and lunchtimes whilst in the sun and during sport.
- Foundation, Year 7 and all new students in other year levels are issued hats at the start of the school year - these should be named immediately. These hats are the preferred option for students to wear.
- Students may also bring any broad brimmed hat from home providing it shades the ears and face and does not have any inappropriate wording or symbols on it.

#### **Recess /Lunchtimes**

- Students who do not have or do not wear their hats must remain in the shade. Students playing games in the sun during recess and lunchtimes are to wear their broad brimmed hats.

#### **Physical Education or Sports Classes**

Students who fail to wear an appropriate hat will participate in a theory activity on a SunSmart topic.

#### **Camps & Excursions**

Where relevant & appropriate, students will not be permitted to board the school charter bus without a broad brimmed hat.

#### **Sunscreen**

- SPF 30+ broad spectrum, water resistant sunscreen is available for staff and students' use
- and students are encouraged to bring their own sunscreen to school.
- Staff encourage students to use sunscreen and provide time for students to apply sunscreen before going outside.
- The school community is educated about the correct use of sunscreen and the level of protection it provides.

#### **Scheduling**

- This policy is considered in the planning of all outdoor events such as 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.

#### **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**

- Educational programs on skin cancer prevention and healthy UV exposure for vitamin D are incorporated into appropriate areas of the school curriculum.
- Students are encouraged to be involved in initiatives to promote and model appropriate UV exposure measures to the whole school community.
- Appropriate UV exposure measures are regularly reinforced and promoted to the whole school community through a variety of channels such as newsletters, staff meetings and school assemblies.

#### **Professional development for staff**

- Information on appropriate UV exposure measures are included in staff booklets.
- New staff are given a copy of this policy.

#### **POLICY REVIEW AND APPROVAL**

Policy last reviewed	November 2021
Approved by	Principal
Next scheduled review date	November 2024