



St. Theresa's Primary School, Albion Sunsmart Policy

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.

St Theresa's recognises the need to educate our school community about the damage and harm that the sun's UV rays can cause. St Theresa's acknowledges the need to provide suitable sun protection (whenever UV levels are 3 and above) and enables the children to develop independent sun protection behaviours.

Beliefs :

At St. Theresa's we believe that:

- our school community should adopt good health practices every child has the right to be protected from harmful U.V. rays
- the school should provide suitable facilities to protect the school community from the sun
- school and home should work in partnership to encourage and develop SunSmart practices.

Objectives :

The SunSmart Policy has been developed to:

- ensure all students and staff have some UV exposure for vitamin D
- encourage the entire school community to use a combination of sun protection measures during the daily sun protection times (whenever UV Index levels reach 3 and above)
- 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
- support duty of care requirements

- support appropriate OHS strategies to minimise UV risk and associated harms for staff and visitors.

Implementation :

The sun protection measures listed below are used during the daily local sun protection times (issued whenever UV levels reach 3 and above), typically from September to the end of April in Victoria.

To assist with the implementation of this policy, staff and students are encouraged to access the daily local sun protection times via the SunSmart widget on the school's website, the free SunSmart app or at sunsmart.com.au.

- A shade audit is conducted regularly (at least every 2 years) to determine the current availability and quality of shade.
- In consultation with the school board, shade provision is considered in plans for future buildings and grounds.
- Students are encouraged to use available areas of shade when outside.
- 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 elbow length sleeves, longer style dresses and shorts and rash vests or t-shirts for outdoor swimming.
- 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.
- Compulsory bucket hats that protect the face, neck and ears are part of the school uniform. The hat must be royal blue with the school emblem on the front of it. Baseball or peak caps are not considered a suitable alternative.
- Hat Policy to be enforced, ie. No hat, no play, from September to the end of April and whenever the UV levels reach 3 or above. Child to sit in a designated shaded area.
- As part of OHS UV risk controls and role-modelling, when the UV is 3 and above staff wear sun protective hats, clothing, sunscreen and sunglasses when outside.
- 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.
- SPF30 or higher, broad spectrum, water-resistant sunscreen is to be put on child's booklist as part of the school requirements for the year.
- Parents will be encouraged to apply sunscreen to children every day before school.
- Sunscreen is applied at least 20 minutes 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).
- A Prep to Grade 6 SunSmart Education Program will be provided by the school, incorporating programmes on skin cancer prevention and Vitamin D.

- The SunSmart Policy is to be publicised within the community. A copy of the Policy to go home to parents.
- 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
- Parental agreement and signature is needed to allow children to wear sunscreen (Enrolment Form).
- St Theresa's to be registered as a SunSmart School.
- Interschool Sport – Sunscreen must be worn and hats where suitable.
- Staff will be requested and parents encouraged to act as role models by practicing Sunsmart behaviours.
- Hot Day Programme : On hot days children must sit in the shade. On extreme temperature days or days where there is a high UV level, the children are to be kept indoors and Physical Education lessons will be transferred to the morning. (Subject to staff discretion).
- Camps and Excursions : In the event of extreme temperature days or days of high UV levels, it will be left to the teacher's discretion to decide on a course of action. The SunSmart policy will always be reflected in the planning of all outdoor events.

Evaluation ;

- The school board 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 with SunSmart at sunsmart.com.au.
- Policy updates and requirements will be made available to all staff, families and visitors.
- The SunSmart behaviour of students, staff, parents and visitors will be reviewed and recommendations made for any necessary improvements.
- The provision and usage of shade will be assessed every 2 years and recommendations made for any necessary changes.
- Curriculum material relevant to SunSmart activities will be reviewed and updated where necessary.
- Next policy review will be September 2019