

Albert Park Primary School

SUNSMART

POLICY

Rationale:

A healthy balance of the sun's ultraviolet radiation (UV) 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. Overexposure to UV during childhood and adolescence is 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.

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. From May to August in Victoria, average UV levels are below three so sun protection isn't usually needed.

Aims:

- To educate students to develop independent SunSmart protection strategies.
- To encourage students, staff and community to protect themselves from the harmful effects of the sun.
- 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.
- Ensure that families and new staff are informed of the school's SunSmart policy via the school website and newsletters.

Implementation:

- Students, staff and visitors will be encouraged to use a combination of sun protection measures whenever UV levels reach 3 and above, normally from September to the end of April.
- Our Student Dress Code outlines the compulsory wearing of a broad brim hat from September to the end of April. The school office will ensure that hats are available for purchase.
- Students will be actively encouraged to wear a SPF 30+ broad spectrum, water resistant sunscreen and apply it before going outdoors and reapply it every two hours if outdoors. Strategies such as assembly announcements, sunscreen monitors, storing sunscreen next to exits and posters on exit doors, are in place to remind children.
- Staff will act as role models by wearing sun protective hats and clothing and applying resistant sunscreen.
- Students without hats or suitable outdoor clothing will be restricted to play in designated shaded areas.
- Sunscreen will be provided in each classroom and on excursions. It is the responsibility of the parents to supply sunscreen if their child cannot wear the Cancer Council brand sunscreen provided.
- Our SunSmart policy is considered when planning all outdoor events, e.g. 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. In extreme weather, students are kept inside.
- In consultation with the school council, shade provision audits will be conducted and considered in plans for future buildings and grounds.

References:

Anti-Cancer Council of Victoria ph: 9635 5148

Vic Govt Schools Reference Guide - <http://www.education.vic.gov.au/school/principals/spag/health/pages/sun.aspx#H2N101DD>

Evaluation:

- * This policy will be reviewed as part of the school's four-year review cycle.

Program Leader: Elaine Mills	Issued in Newsletter: 10/6/2016
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This policy was last ratified by School Council in....	6/6/2016
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Relevant Documents / Links

1. Vic Govt Schools Reference Guide -
<http://www.education.vic.gov.au/school/principals/spag/health/pages/sun.aspx#H2N101DD>
2. Building Quality Standards Handbook (BQSH): Section 7.5.5 Shade Areas
3. Education and Training Parliamentary Committee Inquiry into Dress Codes and School Uniforms in Victorian Schools - Government Response (www.parliament.vic.gov.au/etc/fs_previous.html)
4. Occupational Health and Safety Act 2004 Sections 21 and 23: Main Duties of Employers Section 25: Duties of Employees www.worksafe.vic.gov.au
5. Safe Work Australia: Guidance Note for the Protection of Workers from the Ultraviolet Radiation in Sunlight (<http://www.safeworkaustralia.gov.au/swa/HealthSafety/HazardsSafetyIssues/UltravioletRadiationinSunlight.htm>)
6. SunSmart UV Alert (issued whenever the UV Index reaches 3 and above) (www.sunsmart.com.au or www.bom.gov.au/weather/uv/)
7. Sun protection: www.sunsmart.com.au

References:

Anti-Cancer Council of Victoria ph: 9635 5148

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