

4.12 OAKLEIGH PRIMARY SUN SMART POLICY

RATIONALE

Research has shown that over exposure to the sun's ultra violet radiation is a major cause of skin cancer. Furthermore, there is considerable evidence to suggest that exposure at an early age significantly increases the likelihood of skin cancer. 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.

It's important to have a healthy balance of ultraviolet radiation (UV) exposure.

As part of the health education of each child the school must adopt practices and programs that encourage students to be aware of the risks of exposure to the sun's rays. The school will treat the Sun Smart Policy implementation as a health education issue, not a discipline issue.

Adults also need to protect their skin, and an integrated family and school approach is desirable.

1. GOALS

- 1.1 To increase student and community awareness of skin cancer risks and of practical means of protection.
- 1.2 To develop strategies which encourage responsible decision making about skin protection.
- 1.3 To work towards a school environment which provides shade for students and teachers.
- 1.4 To encourage parents and teachers to set an example as desirable role models.
- 1.5 To encourage the adoption of sun protection strategies in school related activities.

2. GUIDELINES

Staff are encouraged to access the SunSmart UV Alert at sunsmart.com.au 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.

The school will:

- 2.1 Require children to wear hats that protect their face, neck and ears whenever they are outside, from September 1st till April 30th inclusive and when the UV factor is over 3. (legionnaires or broad-brimmed hats are acceptable, baseball type hats are not acceptable). 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 or t-shirts for outdoor swimming.
- 2.2 Require children who do not have their hats with them or covering clothing to play in an area protected from the sun.
- 2.3 On extreme risk days, students will be encouraged to stay in the shade or kept indoors. Flexible timetabling can also be considered.
 - — 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).
- 2.4 The School Council will provide adequate shade structures/area for students as practicable.
- 2.5 Encourage staff and parents to act as role models by practising Sun Smart

behaviours during times of high risk :

- wearing appropriate hats and clothing for all outside activities,
- using a broad spectrum SPF30+ sunscreen,
- seeking shade whenever possible.

2.6 Reinforce the Sun Smart Policy in excursion permission slips.

2.7 Regularly reinforce the Sun Smart Policy to parents and children through the Assemblies, School Newsletters and parent meetings.

Parents will be :

- Informed of the Sun Smart Policy.
- Required to purchase a school hat or provide an appropriate hat for their child's use.
- Encouraged to apply a broad spectrum, water resistant SPF 30+ sunscreen to their child before school from September to April.
- Encouraged to provide a broad spectrum, white, water resistant, SPF 30+ sunscreen for their child to use at school.
- Encouraged to provide close fitting wrap around broad fitting sunglasses.
- Encouraged to practise sun protective behaviours themselves.

Relevant Documents / Links

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