



Woody Yaloak Primary School

"Achieving Together"

SUNSMART AND HEAT POLICY

Rationale:

Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. UV damage accumulated during childhood and adolescence is associated with an increased risk of skin cancer in later life.
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. Exposure to the sun's UV during childhood and adolescence is associated with an increased risk of skin cancer in later life. 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.

Aims:

This SunSmart policy provides guidelines to:

- Encourage all students and staff to have some UV exposure for vitamin D.
- Educate all students and staff to be well protected from too much UV exposure by using a combination of sun protection measures whenever UV levels reach 3 and above.
- Ensure the outdoor environment is sun safe and provides shade for students and staff.
- Ensure students are encouraged and supported to develop independent sun protection skills to help them be responsible for their own sun protection.
- Support duty of care requirements
- Support appropriate OHS strategies to minimise UV risk and associated harms for staff and visitors

Legislation and Standards

- Occupational Health and Safety Act 2004
- Education and Training Reform Act 2006: Sch.5 Reg. 1 (1.2)

Implementation

- To assist with the implementation of this policy, staff and students are encouraged to access the daily local sun protection times at sunsmart.com.au, via the SunSmart widget on the school's website or via the free SunSmart app.
- A combination of sun protection measures are used for all outdoor activities from September to the end of April and whenever UV levels reach 3 and above outside of this period during the daily local sun protection times.*
** The sun protection times from the Bureau of Meteorology tell you the time of the day UV levels are forecast to reach 3 or higher. At these levels, sun protection is recommended for all skin types. In Victoria, UV levels regularly reach 3 or higher from mid-August to the end of April.*

Healthy physical environment

1. *Seek 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, outdoor lesson areas and popular play areas.
- The availability of shade is considered when planning all other outdoor activities and excursions.
- Students are encouraged to use available areas of shade when outside.
- **Students without broad brimmed hats or covering clothing (such as on casual clothes day) will have restricted play in designated shaded areas.**
- Wherever possible, outside activities on hot days should be scheduled before 11:00 a.m.
- In consultation with the school council, shade provision is considered in plans for future buildings and grounds.

Healthy social environment

2. *Slip on sun protective clothing*

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- 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 track suit pants.

3. *Slap on a hat*

- All students and staff are required to wear hats that protect their face, neck and ears, i.e. legionnaire, broad brimmed or bucket hats, whenever they are outside. Baseball or peak caps and visors are not considered a suitable alternative.
- The school will ensure that school uniform broad brimmed hats are available for purchase from the office (All Foundation students and new student enrollments will be provided with a hat free of charge).

4. *Slop on sunscreen*

- The school supplies SPF 30 or higher broad spectrum, water resistant sunscreen for staff and students' use, both at Campuses and on excursions.
- Students are reminded to apply sunscreen 20 minutes (where possible) before going outdoors (class teacher / reminder notices near exit doors). Sunscreen is reapplied every two hours.
- After parental consultation and consent, students with naturally very dark skin are not required to wear sunscreen to help with vitamin D requirements.

5. *Slide on sunglasses [if practical]*

- Students may wear wrap-around sun glasses that meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) if they wish.

Learning and skills

- 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.

Evaluation

- 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 with SunSmart at sunsmart.com.au.
- SunSmart policy updates and requirements will be made available to staff, families and visitors.

Relevant documents / links

- DEAT [The Compact: Roles and Responsibilities in Victorian government school education](#): Principle 3 (2012)
- DEAT School Policy & Advisory Guide (SPAG) [Sun & UV protection](#) (2011)
- DEAT [OHSMS Implementation Guide](#) (2009)
- DEAT [Building Quality Standards Handbook](#) (BQSH): Section 8.5.5 Shade Areas (Oct 2011)
- DEAT [Guidelines for School Playgrounds](#) –Playground safety management: Section 3.2.5 (2012)
- DEAT [Outdoor activities](#)
- Catholic Education Commission of Victoria (CECV) [Occupational Health & Safety Checklist](#)
- Independent Schools Victoria (ISV) Compliance Framework: [Sun Protection / Health & safety](#)
- [Victorian Early Years Learning and Development Framework](#) (VEYLDF)
- 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)
- AS 4685.1: 2014 Playground equipment and surfacing – General safety requirements and test methods

This policy was last ratified by School Council in....

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Latest update: March 2016
E: sunsmart@cancervic.org.au

W: sunsmart.com.au

