



St Margaret's Catholic Primary School- SunSmart Policy

Rationale

St Margaret's Primary School acknowledges that overexposure to Ultraviolet (UV) Radiation during childhood and adolescence is a major factor in determining future skin damage and the potential risk of cancer (Melanoma). Our school has a duty of care and responsibility to ensure that adequate sun protection is provided for all students, staff members, contractors and volunteers, when at school or otherwise engaged in school related activities.

The school's SunSmart Policy, (this policy) aims to protect students, staff members, contractors and volunteers, as far as reasonably practicable, from the dangers associated with exposure to UV Radiation.

Purpose

St Margaret's Primary School SunSmart Policy provides guidelines to:

- Ensure all students, staff members, contractors and volunteers are protected from over exposure to UV radiation;
- Ensure the outdoor environment provides shade for students, staff members, contractors and volunteers;
- 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 the school's Occupational Health & Safety (OHS) obligations and initiatives to ensure the safety and well-being of all members of the School Community.

Background and Scope

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 strongly associated with an increased risk of skin cancer in later life.

This policy applies to all members of the school community, school events both on and off-site, and all other school related activities.

Implementation

As part of a general SunSmart strategy, our school will:

- Require children to wear bucket hats (with deep crown and 6mm brim) whenever they are outside (e.g. recess, lunch, sport, excursions) during the high UV radiation period.
- Require all staff to wear hats that protect their face, neck and ears.
- Encourage the daily application of sunscreen before school and prior to the recess and lunch break.
- Children are reminded to apply sunscreen before going outdoors.
- With parental consent, children with naturally very dark skin are not required to wear sunscreen to help with vitamin D requirements.
- Encourage children to use available areas of shade for outdoor activities.
- Request staff and encourage parents to act as role models by practicing SunSmart behaviours.

- Make arrangements for indoor play during recess, on excessively hot days.
- Ensure students are encouraged and supported to develop independent sun protection skills.
- Encourage staff and students to access the daily local sun protection times at sunsmart.com.au or on the free SunSmart app to assist with the implementation of this policy.
- Where practical students and staff are encouraged to wear close fitting, wrap-around sunglasses that meet Australian Standards.

To assist with the implementation of this policy, staff members, parents and carers are encouraged to access the daily local sun protection times via the free [SunSmart Application \(App\)](#). The sun protection measures listed are used for all outdoor activities during the **daily local sun protection times** (whenever UV levels are 3 or higher), typically from mid-August to the end of April in Victoria. St Margaret's Primary School encourages students, staff members, contractors and volunteers to protect themselves from UV Radiation in five ways.

Procedures

Healthy Physical Environment

1. Seek shade

- The school council makes sure there are sufficient shelters and trees providing shade in outdoor areas particularly in high-use areas e.g. where students have lunch, canteen, assemblies, sports, outdoor lessons and popular play spaces.
- The availability of shade is considered when planning all other outdoor activities.
- Students are encouraged to use available areas of shade when outside.
- 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.
- In consultation with the school council, shade provision is considered in plans for future buildings and grounds.
- A shade assessment is conducted regularly to determine the current availability and quality of shade.

Healthy Social Environment

2. Slip on sun protective clothing

Cool, loose-fitting, sun protective clothing made of densely woven fabric is included in our school uniform / dress code and sports uniform. It includes shirts with collars and elbow-length sleeves, longer dresses and shorts and rash vests or t-shirts for outdoor swimming.

3. Slap on a hat

All students are required to wear hats that protect their face, neck and ears (legionnaire, broad-brimmed or bucket hat), whenever they are outside. Peak caps and visors are not considered a suitable alternative.

4. Slop on sunscreen

- Students must provide their own SPF30 (or higher) broad-spectrum, water-resistant sunscreen.
- Sunscreen is applied in accordance with the manufacturer's directions (which state to apply at least 20 minutes before going outdoors and reapply every two hours, or more frequently if sweating or swimming).
- Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminder notices, newsletter items, classroom expectations).

5. Slide on sunglasses [if practical]

Where practical students are encouraged to wear close-fitting, wrap-around sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.

Engaging children, educators, staff and families

SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school website/intranet, staff and parent meetings, school assemblies, student and teacher activities and at student enrolment/new staff orientation.

As part of OHS UV risk controls and role-modelling, staff, families and visitors wear a sun protective hat, covering clothing and, if practical, sunglasses. They will also apply sunscreen and seek shade wherever possible.

Curriculum

- Incorporate programs on sun protection, skin cancer prevention and vitamin D into the curriculum at all grade levels.
- Regularly reinforce SunSmart behaviour in a positive way through newsletters, parent meetings, school assemblies and sunsmart policy is reflected in the planning of all outdoor events (e.g. camps, excursions, sporting events).
- Programs relating to sun protection are included in the curriculum for all year levels.

Environment

- Provide sun protective clothing items as part of our school uniform.
- Schedule outdoor activities to minimize time in direct sun, with particular care taken between 11am and 3pm daylight savings time (10am and 2pm other times) whenever possible.
- Schedule outdoor assemblies early in the day or where all students can be in shade.
- Work towards increasing the number of shelters and trees so as to provide adequate shade in the school grounds.
- 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.

Engaging Students, Staff Members, Contractors, Parents & Carers

St Margaret's Primary School ensures SunSmart behaviours are regularly reinforced and promoted to the whole school community. This is achieved via the school newsletter, school website/intranet, staff and parent meetings, school assemblies and at student enrolment/new staff orientation.

As part of the school's SunSmart risk management strategy and role-modelling, students, staff members, contractors and volunteers are required to:

- » Wear a sun protective hat, covering clothing and, if practical, sunglasses;
- » Apply sunscreen;
- » Seek shade whenever possible.

Legislation and Standards

[Occupational Health and Safety Act 2004](#)

[Education and Training Reform Act 2006](#): Sch.5 Reg. 1 (1.2)

Evaluation

The School Staff will review the effectiveness of this policy each year.

They will:

1. Review the SunSmart behaviour of students, staff, parents, and visitors and make recommendations for improvement.
2. Assess shade provision and usage and make recommendations for increases in shade provision.
3. Update and promote curriculum material relevant to SunSmart activities.
4. The school council and staff monitor and review the effectiveness of the SunSmart policy and revise the policy when required (at least once every three years) by completing a policy review and membership renewal with SunSmart at sunsmart.com.au.
5. SunSmart policy updates and requirements will be made available to staff, families and visitors.

Relevant documents / links

Catholic Education Commission of Victoria (CECV) [Your Child's Health Wellbeing and Safety](#) (Primary)

Victorian Institute of Teaching (VIT) [The Victorian Teaching Profession Code of Conduct](#) -Principle 3.2
[Australian Professional Standards for Teachers](#) (APST) – Standard 4.4 and 7.2

Education and Training Parliamentary Committee Inquiry into [Dress Codes and School Uniforms in Victorian Schools –Final Report](#)

ARPANSA [Radiation Protection Standard for Occupational Exposure to Ultraviolet Radiation](#) (2006)

Safe Work Australia: [Guidance Note – Sun protection for outdoor workers](#) (2016)

Sunsmart www.sunsmart.com.au