



# Edinburgh College

# SunSmart

# Policy

## Document History

This policy is to be ratified by the School Council on Oct 2017

The life cycle of this policy is three years. It will be reviewed in 2020

## ***Rationale***

Edinburgh College adopted the SunSmart Policy because:

A healthy balance of ultraviolet (UV) radiation exposure is important for health.

Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. Overexposure to UV during childhood and adolescence 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 necessary for the development and maintenance of healthy bones and muscles, and for general health.

## ***Aims***

The Aims of the SunSmart Policy are to:

Increase the awareness of students, parents and staff of the dangers of excessive sun exposure;

- Develop SunSmart habits in students, staff and parents;
- Encourage parents to become involved in the sun-proofing of their children;
- Ensure that the school fulfils its responsibility to protect the students and staff from harm;

## ***Implementation***

### ***Objectives***

This SunSmart Policy has been developed to:

- Ensure 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.

- 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.

Staff are encouraged to access the daily SunSmart UV Alert at [sunsmart.com.au](http://sunsmart.com.au) to find out daily sun protection times to assist with the implementation of this policy.

### ***From September to April in Victoria***

When average UV Index levels reach 3 and above, a combination of sun protection measures are used whenever outdoors including:

#### **Shade**

A shade audit is conducted regularly to determine the current availability and quality of 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, canteen, outdoor lesson areas and popular play areas. The availability of shade is considered when planning excursions and all other outdoor activities. In consultation with the School Council, shade provision is considered in plans for future buildings and grounds.

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.

## **Clothing**

Sun protective clothing is included in our School Uniform Policy. 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.

## **Hats**

Students and staff are required to wear hats that protect their face, neck and ears, i.e. broad brimmed hats, whenever they are outside. Because a baseball cap does not offer enough protection, students wearing a baseball cap will have the same consequences as not wearing a hat.

## **Sunglasses**

Students and staff are encouraged to wear close fitting, wrap-around sunglasses that meet the Australian Standard 1067 and cover as much of the eye area as possible.

## **Sunscreen**

SPF 30+ broad spectrum sunscreen is available for staff and student's use.

Sunscreen is applied at least 20 minutes before going outdoors and reapplied every two hours if outdoors.

Students are reminded to apply sunscreen before going outdoors.

With parental consent, students with naturally very dark skin are not required to wear sunscreen.

## ***From May to August in Victoria***

When average UV Index levels are below 3, sun protection measures are not used from May until August unless in alpine regions, near highly reflective surfaces such as snow or outside for extended periods.

## ***Staff OHS and Role Modeling***

As part of OHS UV risk controls and role-modeling, when the UV is 3 and above staff:

Wear sun protective hats, clothing and sunglasses when outside

Apply SPF 30+ broad spectrum sunscreen

Seek shade whenever possible

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.

## ***Curriculum***

Programs on skin cancer prevention and vitamin D are included in the curriculum for all year levels.

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.

## ***Resources***

SunSmart information - includes sample family notes, online membership review, curriculum resources, SunSmart UV Alert widget and iPhone app and information in different languages.

[sunsmart.com.au/protecting\\_others/at\\_school/e6\\_p6\\_schools/](http://sunsmart.com.au/protecting_others/at_school/e6_p6_schools/)

Create your own SunSmart poster: online SunSmart poster templates where children choose the scene, text, upload an image of their own face to place into the scene and print off their very own poster with them as the SunSmart star. There are sun protection, vitamin D and snow posters to choose from.

[www.sunsmart.com.au/createposter](http://www.sunsmart.com.au/createposter)

SunSmart Millionaire: How SunSmart are you? An innovative online game-based resource for Year 5-7 students that promotes the science behind the SunSmart message. [www.sunsmartmillionaire.com.au/](http://www.sunsmartmillionaire.com.au/)

SunSmart Countdown: song and associated activities

[sunsmart.com.au/protecting\\_others/at\\_school/sunsmart\\_countdown](http://sunsmart.com.au/protecting_others/at_school/sunsmart_countdown)

Generation SunSmart: fun and interactive online sun protection modules for teachers - assists with professional learning requirements - school nurses and Year 6-9 students. [generationsunsmart.com.au](http://generationsunsmart.com.au)