ST. MARY’S SCHOOL, ALTONA

SUNSMART POLICY

PURPOSE

This Sun Smart policy provides guidelines to:

- Ensure all students and staff have some UV exposure for vitamin D
- Ensure all students and staff are 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
- Support duty of care requirements
- Support appropriate OHS strategies to minimise UV risk and associated harms for staff and visitors

PROCEDURES

Staff and students are encouraged to access the daily local sun protection times at sunsmart.com.au, on the free Sun Smart app or via our school website home page.

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.

Healthy physical environment

1. Seek shade
   - 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
   - Students and staff are encouraged to use available areas of shade when outside
   - Schedule outdoor activities before 11am and after 3pm from September to the end of April whenever possible
   - Shade provision is considered in plans for future buildings and grounds
   - A shade audit is conducted regularly to determine the current availability and quality of shade.

Healthy social environment

2. Slip on sun protective clothing
   - 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 shirt with collars and sleeves both elbow length and long, and longer style shorts

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 outside (e.g. recess, lunchtime, physical education lessons and sport activities, excursions)
4. Slop on sunscreen
- The school supplies SPF 30 or higher broad spectrum, water resistant sunscreen for staff and student's use.
- Strategies are in place to remind students to apply sunscreen before going outdoors.

Learning and skills
- Programs on skin cancer prevention and vitamin D are included in the curriculum for all year levels.
- Sun Smart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school website, school assemblies, parent meetings, student and teacher activities and on student enrolment.

Engaging children, educators, staff and families
- Staff and families are provided with information on sun protection and vitamin D through family newsletters, noticeboards, school website and social media
- Staff and parents are encouraged to act as role models by practising Sun Smart behaviour

Monitoring and review
- The school education board and staff regularly monitor and review the effectiveness of the Sun Smart policy (at least once every three years) and revise the policy when required by completing a policy review and membership renewal with Sun Smart at sunsmart.com.au
- Sun Smart policy updates and requirements will be made available to staff, families and visitors.

Next policy review: May 2017