



University High School SunSmart Policy

Rationale

Australia has the highest rate of skin cancer in the world. It is estimated that more than 75% of all skin cancers could be prevented by practicing sun protection in early childhood and adolescence.

This SunSmart Policy has been developed to ensure that all students and staff attending University High School are protected from over-exposure to the harmful UV radiation from the sun. It documents our comprehensive sun protection practices. These practices will be applied to all school activities including sports carnivals, excursions and camps. The policy is to be implemented from September to April, when UV radiation is strongest.

In Victoria from May to August, average UV levels are low (1 or 2) and therefore sun protection is not required (unless you are in alpine areas or near highly reflective surfaces such as snow or water). High UV levels (3 and above) require sun protection measures, as the sun's UV can damage skin and eyes and lead to skin cancer. Sun protection is not required during May to August, (if UV levels are 1 or 2) to assist students to maintain adequate vitamin D levels throughout the winter months. Further information can be accessed at www.sunsmart.com.au

This policy is aligned with Section 4.5.12 of the Victorian Government Schools Reference Guide, available at <http://www.education.vic.gov.au/management/governance/referenceguide/default.htm>

Objectives

The goals of the SunSmart Policy are to:

- a) Increase student and community awareness of skin cancer.
- b) Assist students to develop strategies that encourage responsible decision making about skin protection, including not sun basking.
- c) Work towards a safe school environment that provides shade for students and staff
- d) Encourage students, parents, teachers, and staff to wear protective clothing, sunglasses, hats and sunscreen during high risk times such as lunch times, sports, excursions and camps
- e) Ensure that parents are informed of the school's SunSmart policy.

Implementation

Curriculum

- Sun protection and skin cancer awareness programs are incorporated into the Health and Physical Education areas of the school curriculum.

Clothing

- Students are actively encouraged to wear broad-brimmed hats whenever they are outside, but particularly for organised outdoor activities such as sports carnivals.
- Staff are actively encouraged to wear broad brimmed hats for all outdoor activities, including yard duty.
- Parents are encouraged to wear broad-brimmed hats when participating in and attending outdoor school activities.
- Students are encouraged to wear tops with sleeves.

Sunscreen Use

- Students and staff are actively encouraged to apply SPF 30+ broad-spectrum water-resistant sunscreen regularly eg. Prior to school, before lunch, PE lessons, sports, excursions etc.
- Sunscreen is available from the gymnasium, sub-school offices and first aid.

Sport and Physical Education

- Hat wearing is strongly encouraged where practical, for sport and physical education.
- Sunscreen is included in the teacher's equipment kit for outdoor sport and PE classes.
- Sports uniform items are sun protective eg. Shirts with collars.
- The use of indoor and shade facilities will be maximised.

Date: Endorsed by UHS School Council May 2009

U:\Heather Thompson\2009\Policies\sunsmart policy.docx

Camps and excursions

- Broad-brimmed hats, sunglasses, sun protective clothing and sunscreen are included on the items list for all camps and excursions.

Shade

- The school is working towards increasing and/or maintaining shade in its grounds, particularly in areas where students congregate eg. Lunch, canteen, decking areas.
- Students and staff are actively encouraged to use the shaded areas.

Occupational Health & Safety

Consideration is given to sun protection for all teachers/staff involved in outdoor activities, including yard duty. Physical Education and sport education teachers are strongly encouraged to take appropriate sun protection measures as they are particularly at risk from UV radiation.

Reinforcements/promotion of SunSmart message

- Students will be actively involved in initiatives to protect the school community from over-exposure to the sun.
- The SunSmart policy will be placed on the school's portal for all students and staff; new staff will be informed of the policy.
- The SunSmart policy will be placed on the school's website for the school community.
- A SunSmart promotion will be included in the student diary each year.
- Up-to-date information will be maintained on SunSmart resources and policy guidelines via The Anti-Cancer Council of Victoria and Department of Education and Early Childhood Development
- SunSmart practices will be promoted regularly from the beginning of September through to the end of April. Eg: Guest Speakers, SRC.
- Sun protection will be promoted throughout the year via the school newsletter, assemblies, student and staff bulletins, parent and staff meetings and whole school activities.

Evaluation

The Wellbeing Committee and OH&S Committee, in collaboration with the Student Representative Council, will review the SunSmart policy every three years. They will:

1. Review the SunSmart behaviour of students, staff, parents and visiting guests.
2. Assess shade provision and usage and make recommendations to School Council.
3. Consult with Domain Heads, Health and PE regarding the sun protection skin cancer prevention component of the curriculum.