



REFLECTIVE MATERIAL:

SunSmart Schools Program, Cancer Council Victoria, Catholic Education Commission of Victoria
St James' Parish School Inclement Weather Policy & St James' School Uniform Dress Code Policy. This policy applies to all school events on and off-site.

Rationale:

It is desirable that the whole school community develops an understanding of the harmful nature of the ultra-violet rays of the sun whenever UV levels are 3 or higher. 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.

To assist with the implementation of this policy, staff and students are encouraged to access the daily local sun protection times via the SunSmart widget on the school's website, the free SunSmart app, or at sunsmart.com.au

The sun protection times are a forecast from the Bureau of Meteorology for the time of 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.**

Purpose:

This SunSmart policy provides guidelines to:

- ensure all students and staff are protected from over-exposure to UV radiation;
- ensure the outdoor environment 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 our school's strategies to meet its duty of care and occupational health and safety obligations to minimise harmful UV exposure for students, staff and visitors
- The sun protection measures listed are used for all outdoor activities during the daily local sun protection times.

GUIDELINES:

Behaviour

- Students and staff are required to wear school hats which protect the face, neck and ears whenever they are outside (e.g. recess, lunch, sport, excursions).
- From mid-August to the end of April those students without hats are required to stay in the undercover area – *No Hat / No Play*.
- 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.
- Broad spectrum, water resistant SPF 30+ or higher sunscreen will be provided for students and staff
- Sunscreen is applied at least 20 minutes before going outdoors and reapplied every two hours, or more frequently if sweating or swimming, according to manufacturer's directions.
- Students and staff will be encouraged to use available areas of shade for outdoor activities
Staff, parents and all associated with the St James' School community will be encouraged to act as role models by practising SunSmart behaviours.

- Classroom strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminder notices, sunscreen monitors, sunscreen buddies).
- SunSmart behaviours will be reinforced in a positive way through play, newsletters, school assemblies, staff and parent handbooks.
- Programs on sun protection are included in the curriculum for all year levels.
- Students are encouraged to be involved in initiatives to promote and model sun protection to the whole school community.

Environment

- A shade assessment is conducted and reviewed regularly, to ensure the provision of adequate shade in the playground.
- That the available shade is considered when planning all outdoor activities.
- The operations of the school will be flexible enough to allow for Sunsmart behaviour.
- Appendix A: Top Tips for sunscreen at school provided by Cancer Council Victoria

OH&S

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;
- apply sunscreen; and seek shade where possible

LAST REVIEWED: 2008, 2018, 2020

NEXT REVIEW: 2023