



SUN SMART POLICY

PURPOSE

This policy provides guidelines and information to support students and staff of Benalla P-12 College maintain a healthy balance of ultraviolet (UV) radiation exposure and engage in Sun Smart behaviours.

SCOPE

This policy applies to students and staff attending Benalla P-12 College and to all school activities, including camps and excursions. This policy encourages students and staff to use a combination of sun protection measures when UV levels are generally high. Specific protective measures such as wearing hats apply from the beginning of Term 4 until the end of Term 1 each year.

BACKGROUND

A balance of sun exposure is important for health. Excessive exposure to the sun can cause health problems including sunburn, dehydration, damage to skin and eyes, and an increased risk of skin cancer. Sun exposure in the first 10 years of life is a major factor in determining future skin cancer risk.

Too little UV exposure from the sun can lead to low Vitamin D levels. Vitamin D is essential for healthy muscles and bones, and overall health.

UV radiation:

- cannot be seen or felt
- can be reflected off surfaces such as buildings, asphalt, concrete, water, sand and snow
- can pass through light clouds
- varies in intensity across the year (highest in Victoria from September - April)
- peaks during school hours

A combination of sun protection measures should generally be applied when UV levels reach 3 and above. Staff are encouraged to access the Sun Smart UV Alert at www.sunsmart.com.au/ to assist with the implementation of this policy.

POLICY

Benalla P-12 College has the following measures in place to help reduce the risk of excessive UV sun exposure for staff and students:

Shade

- Benalla P-12 College provides adequate shade in the form of shelter, trees or shade structures for students as practicable; particularly over high density playground areas.
- Students are encouraged to use available areas of shade for outdoor activities.

Sun protective uniform/clothing

- Students and staff are encouraged to wear hats, sunscreen and sun-protective clothing when outdoors at lunch times, sports, camps and excursions.
- The Benalla P-12 College Student Uniform includes shirts with collars and elbow length sleeves, longer style dresses and shorts and rash vests or t-shirts for outdoor swimming.
- Students are required to wear bucket hats that shade the face, neck and ears (at least 6cm brim) and comply with uniform policy from the beginning of Term 4 until the end of Term 1 whenever they are outside. Students without approved college hats or appropriate clothing will be restricted to play in designated shaded areas.
- Staff act as role models by also wearing broad brimmed hats and practising Sun Smart behaviours.
- Students are allowed to wear sunglasses provided by their parents/guardians when outdoors. (Students and staff are encouraged to wear close fitting, wrap-around sunglasses that meet the Australian Standard 1067 Sunglasses: Category 2, 3 or 4)

Sunscreen

- SPF 30+ broad spectrum, water resistant sunscreen is available for staff, student and volunteer use.
- Strategies are in place to remind students to apply sunscreen before going outdoors. Students are encouraged to apply their own sunscreen under supervision of staff.
- Use of sunscreen is optional. Parents/guardians should notify the College in writing if they do not want their child to use supplied sunscreen.

High Level UV Days

- On High Level UV days Assistant Principals have the option to keep students inside buildings or allow them to sit outside in the shade during lunch break periods.
- Students are encouraged by staff to use shaded areas and maintain hydration by drinking water, particularly on hot days.

Curriculum and Community Engagement

- Sun Smart activities and sun protection form part of the Health and Physical Education curriculum at all year levels.
- The Sun Smart policy is implemented when planning all outdoor events e.g., camps, excursions and sporting events.
- Sun Smart behaviour and UV safety are promoted through the school newsletter, Facebook, school assemblies, parent meetings, staff meetings and on student enrolment.
- Benalla P-12 College maintains Sun Smart membership with Cancer Council Victoria.

Reference:

www.sunsmart.com.au/

Basis for discretion:

The basis for discretion lies with the Principal as an operational matter.

Date Implemented	May 2013
Reviewed and Amended Version One:	May 2013
Reviewed and Amended Version Two:	June 2013
Reviewed and Amended Version Three:	September 2015
Reviewed and Amended Version Four:	September 2018

Date of ratification by School Council: 26 November, 2018

Recommended date for review: **November, 2020**