



"Caring for Excellence"

Sunsmart Policy

Child Safe

Viewbank College is a child safe environment in accordance with the Victorian Government Guidelines. Viewbank College actively promotes the safety and wellbeing of all students, and all school staff are committed to protecting students from abuse or harm in the school environment, in accordance with their legal obligations including child safe standards. Viewbank College has a Child Safety Code of Conduct consistent with the Department of Education and Training's exemplar.

Purpose

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 practising sun protection in early childhood and adolescence.

"Sun protection is needed whenever UV levels reach three and above. In Victoria average UV levels are three and above from September to the end of April. During these months, extra care is needed between 10am – 3pm when UV levels reach their peak.

This Sunsmart policy has been developed to ensure that all students and staff attending Viewbank College are protected from over-exposure to the harmful ultraviolet rays of the sun.

The Cancer Council Victoria's Secondary School Sun Protection policy is a template for Viewbank College's Policy. This policy documents our sun protection practices in the areas of behaviour, curriculum and environment. These practices will be applied to all school activities including sports carnivals, excursions and camps, yet ensures some daily sun exposure and vitamin D requirements.

Objectives

The goals of the Sunsmart Policy are to:

- Assist the school community to achieve a healthy UV exposure balance
- Encourage the entire school community to use a combination of sun protective measures whenever UV levels reach 3 and above
- Ensure that parents are informed of the College's Sunsmart policy.

Implementation

Staff and Students can check the UV levels on any given day via the Sun smartwidget displayed on the TV in the College or via the Cancer Council Victoria website <http://www.cancer.org.au>

Curriculum

- Educational programs on skin cancer prevention and healthy UV exposure for vitamin D are incorporated into appropriate areas of the school curriculum at all year levels.

Uniform/clothing

Whenever UV levels are 3 or above:

- Students are actively encouraged to wear hats whenever they are outside.
- Longer style skirts/shorts/pants at least to the knee are also available.
- Staff are required to wear broad-brimmed, legionnaire or bucket hats (or alternatively use a parasol/umbrella) when participating in and attending outdoor school activities, including yard duty.
- The school will support those staff and students who choose to wear sunglasses. A close fitting wrap style that meets AS 1067 is recommended.

Sunscreen

Whenever UV levels are 3 or above:

- Students and staff are actively encouraged to apply SPF30 (or higher) broad spectrum, water resistant sunscreen regularly e.g. prior to school, before recess, before lunch, PE lessons, sport, excursions etc.

Physical Education and Sport Education

Whenever UV levels are 3 or above:

- Students are actively encouraged to wear hats for sport and physical education.
- The school sport uniform/dress code includes shirts with collars; singlets are not permitted to be worn for outdoor sporting events.
- For outdoor swimming carnivals and events, students should be encouraged to wear a t-shirt or rash vest.
- Where possible, outdoor activities/events will be scheduled to minimise time in direct sun e.g. earlier in the morning or later in the afternoon. The use of indoor and shaded facilities will be considered at other times where possible.
- Physical Education teachers will be encouraged to wear broad brimmed, legionnaire or bucket style hat and sensible clothing that covers skin, i.e. at least elbow length sleeves and knee length shorts, or preferably long pants.
- Periods of rest and recovery, including drink breaks, will be included in the lesson and students will be monitored for their ability to cope with the heat.
- On days of extreme heat, interschool matches will be postponed at the discretion of staff.

Camps and Excursions

Whenever UV levels are 3 or above:

- Sun protection is considered in planning of all camps and excursions.
- Processes for the planning of outdoor activities and excursions include the provision of shade areas e.g. permanent and portable structures, access to trees etc.

Shade

Whenever UV levels are 3 or above

- The College council will ensure shade provision is considered in plans for future buildings and grounds.
- The College council will ensure shade is available in school grounds, particularly in areas where students congregate – for example, lunch areas, canteen, and outdoor lesson areas. If this is not possible, the school is working towards increasing and/or monitoring shade (built, portable or natural) in the College grounds.
- Where shade is otherwise not available, temporary shade structures will be considered for events such as sports carnivals. Students and staff are actively encouraged to use shade when outside, particularly if they are not wearing appropriate hat or clothing.

Occupational Health and Safety

- As part of OHS UV risk control and role modelling, all staff are required to use a combination of sun protection measures (sun protective clothing, broad brimmed hats, sunglasses, sunscreen and shade) when outside.
- Consideration should be given to sun protection for all teachers involved in outdoor activities including yard duty.
- Physical Education and Sport Education teachers should be encouraged to take appropriate sun protection measures (as set out in this policy) as they are particularly at risk from UV radiation.
- Promote sun protection throughout the year via the College newsletter, assemblies, daily messages, parent and staff meetings and whole school activities.

Professional Learning

- Information about a balanced approach to UV exposure is included in staff training to enable staff to work safely outdoors and encourage them to be positive role models.
- Information on appropriate UV exposure measures are included in staff manuals.
- New staff are provided with a copy of this policy as part of their induction.
- Teaching staff are encouraged to complete Cancer Council's free online professional learning modules at www.generationsunsmart.com.au

This policy will be monitored by the College Administration

1. All new staff have been briefed on the Sunsmart policy.
2. The Sunsmart policy is included as an agenda item for the first January and September staff meetings of each year.
3. The Sunsmart policy is included on the College Website.
4. Sunsmart practices are promoted regularly.
5. The Cancer Council of Victoria is contacted annually to ensure that up-to-date information is maintained on Sunsmart resources and policy guidelines.

Evaluation

The College Administration, in collaboration with the wider school community, will review the effectiveness of this policy each year.

They will:

1. Review the Sunsmart behaviour of students, staff, parents and guests visiting the college.
2. Assess the provision of shade in the College.
3. Assess the use of shade by students and staff.
4. Check plans for future buildings and grounds with regard to shade provision (in consultation with the College Council).
5. Evaluate and update the Sunsmart protection and the skin cancer prevention component of the curriculum in collaboration with the Health and Physical Education staff.