

SUN PROTECTION POLICY

RATIONALE

Collingwood College is committed to ensuring the safety and health of all students is cared for whilst at school. Too much exposure to ultraviolet (UV) radiation from the sun can negatively impact the health of our students now and in the future by causing sunburn, skin damage, eye damage and increasing the risk of cancer. Too little exposure to UV radiation can lead to low vitamin D levels and can affect the regulation of calcium levels in the blood and is essential for healthy bones, muscle and general health. Melanoma is the most common cancer in young Australians aged 13 – 24 years and overexposure to UV during childhood and adolescence is a major factor in determining future skin cancer risk. Collingwood College acknowledges that a healthy UV exposure is vital to the ongoing overall wellbeing and health of our students.

PURPOSE

The purpose of this policy is to create a school environment that encourages behaviours which reflect a healthy UV exposure balance, ensuring some sun exposure for vitamin D while minimising the risk of skin cancer and other potential harms.

AIMS

- ensure students and staff maintain a healthy balance of UV exposure from the sun
- work towards a safe school environment that provides shade for students, staff and the school community when required
- assist students to be responsible for their own sun protection
- ensure that families and new staff are informed of the sun protection policy
- encourage the entire school community to use a combination of sun protection measures when UV index levels reach 3 or above
- encourage safe UV exposure whenever UV Index levels are below 3
- create a safe school environment that provides shade for students, staff and the wider school community
- to develop a school wide positive attitude towards sun protection

IMPLEMENTATION

At Collingwood College, our aim is to provide a healthy physical environment for all of our students that protects them from the sun whilst also considering the health and safety of all of our students whilst being outside, particularly during summer, or when the UV grade is above 3. The school considers a healthy physical environment that also provides sun protection for students as the following:

Seek shade

- The school must make sure that there are sufficient shelters and trees providing shade in outdoor areas, particularly in areas where students have lunch, sports, outdoor lessons and popular play areas

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- the classroom teacher must consider the availability of shade when planning any outdoor lessons, excursions and activities that expose students to the sun
- students are encouraged to use available area of shade when outside and if they cannot find an appropriate shaded area, should return inside
- in consultation with the school council, shade provision is considered in plans for future buildings and grounds
- a shade assessment is conducted periodically to determine the current availability and quality of shade.

Scheduling

- this policy is considered in the planning of all outdoor events such as assemblies, camps, excursions and sporting events
- where possible, outdoor activities/events will be scheduled earlier in the morning or later in the afternoon. Alternatively, shaded or indoor venues will be considered when possible

In addition to a healthy physical environment, students should also have access to a healthy social environment. In order for students to play outside safely throughout the year, Collingwood College promotes the slip, slop and slap approach. The school promotes a healthy social environment by the following:

Slip on sun protective clothing

- students should wear cool, loose-fitting, sun protective clothing made of densely woven fabric when possible. This includes but is not limited to:
 - shirts with collars
 - elbow-length sleeves
 - knee-length and longer dresses
 - a rash vest and shorts when taking part in swimming activities

Slap on a hat

- all students and parent/guardians are encouraged to access the UV widget via the school website to check the daily UV index
- teachers are required to refer to the UV index that is displayed on the Daily Organisation or access this information using the school website and inform students of UV danger times throughout the day
- it is compulsory for all primary students to wear a legionnaire, broad-brimmed or bucket hat that protects their face, neck and ears if they wish to be outside during term 1 and 4. Peak hats are not considered a suitable protective option
- all secondary students are encouraged to wear an appropriate sun protective hat when outside

Slop on sunscreen

- water resistant SPF 30+ broad spectrum sunscreen is available for all students and staff to use if they wish to be outside. Sunscreen can be found at all first aid stations throughout the primary and secondary areas, as well as, with teachers rostered on yard duty during recess and lunch
- parents are encouraged to apply sunscreen prior to their child coming to school to ensure that they are protected in the morning prior to the commencement of the school day and to promote a positive attitude towards sun protection
- strategies are put in place to ensure students have access to sunscreen prior to going outdoors by classroom teachers and school wide signs

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Effective and consistent role modelling

- staff are to wear sun protective hats and applicable clothing when outside
- apply water resistant 30+ SPF broad spectrum sunscreen and ensure students have access to do the same at both recess and lunch
- seek shade whenever possible and encourage all students to do the same
- continue to act in line with this sun protection policy when participating or attending outdoor school activities
- encourage parents to act as a positive role model and practice sun protective behaviour themselves and at home to promote positive sun protection attitudes for all students

Implement a sun protective curriculum

- sun awareness and skin cancer awareness programs are incorporated into appropriate areas of the school curriculum
- students are encouraged to be involved in initiatives to promote and model sun protection measures to the whole school community
- sun-protective behaviour is regularly reinforced and promoted to the whole school community through a variety of channels such as newsletters, staff meetings and school assemblies

STAFF OH&S

The health of all staff is an important priority of Collingwood College and the commitment ensure the protection from direct UV exposure when outdoors during peak UV periods is also important. Staff members must also take reasonable care for their own health and safety by complying with this policy. To ensure staff OH&S in relation to sun protection Collingwood College will:

- include sun protection information is included in staff training to enable staff to work outside safely and encourage them to be positive role models
- ensure sun smart information is included in the staff handbook and orientation materials
- provide all new staff with a copy of the school's UV policy
- provide copies of or reference to the school UV policy around the school grounds and inside classroom where appropriate

SCHOOL COMMUNITY

Collingwood College aims to promote healthy and positive relationships with all parents of the school and the wider school community. In order to encourage a positive attitude towards sun protection across the school community the school will:

- increase student and whole-school awareness of skin cancer and other damages caused by exposure to UV radiation
- ensure that families, new staff and visitors to the school are informed of the school's UV policy
- encourage the whole school community, including families, friends and visitors to use a combination of sun protection measures (sun protective clothing and hats, sunglasses, sunscreen and shade) when participating in and attending outdoor school activities
- encourage the whole school community, including families, friends and visitors to access the Sun Smart protection app or the daily sun protection times when possible to check dangerous UV ratings during specific periods of time throughout the day
- inform parents of the school sun protection policy when a student is enrolling

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REVIEW

The school council and staff monitor and review the effectiveness of the Sun Protection Policy every three years and revise the policy when required.

RESOURCES

- Daily sun protection times website - <http://www.bom.gov.au/vic/uv/melbourne.shtml>
- Sun and UV protection – Department of Education - <http://www.education.vic.gov.au/school/principals/spag/health/Pages/sun.aspx#link85>
- Sun Smart schools program – prep to year 6 - <http://www.sunsmart.com.au/communities/early-childhood-primary-schools>
- Sun Smart schools program – secondary school - <http://www.sunsmart.com.au/communities/secondary-schools-program>
- Sun safety – Cancer Council Australia - <http://www.cancer.org.au/preventing-cancer/sun-protection/>

Date ratified by School Council:

16/08/2017

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Diversity

Innovation

Creativity

Relationships

Achievement