



PARA HILLS HIGH SCHOOL

Your vision **Your future**

SUNSMART POLICY

This policy applies to all school events on and off-site.

Rationale

A balance of ultraviolet (UV) radiation exposure is important for health. Too much of the sun's UV radiation can cause sunburn, skin and eye damage and skin cancer. Sun exposure in childhood and adolescence is a major factor in determining future skin cancer risk. Too little UV from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health.

Objectives

This SunSmart Policy has been developed to:

- encourage the entire school community to use a combination of sun protection measures whenever UV Index levels reach 3 and above
- work towards a safe school environment that provides shade for students, staff and the school community at appropriate times
- encourage/ensure all students and staff have some UV exposure for vitamin D
- assist students to be responsible for their own sun protection
- ensure that families and new staff are informed of the school's SunSmart policy.

Sun Protection Measures

Daily information about local UV levels and sun protection times will be provided in the student bulletin in DayMap to assist with the implementation of this policy.

The school uses a combination of sun protection measures for all outdoor activities from week 7 Term 3 to the end of term 1 (ie from beginning of September to end of April) and whenever UV levels reach 3 and above at other times.

1. Clothing

Sun protective clothing is included in the school uniform/dress code and sports uniform/dress code and sports uniform. The clothing is cool, loose fitting and made of closely woven fabric. It includes shirts with collars and elbow length sleeves, longer-style dresses and mid-thigh length shorts.

2. Sunscreen

The school supplies SPF 30 or higher broad spectrum, water resistant sunscreen for staff and student use.

Students have access to sunscreen in the gym, the library and the front office. Strategies are in place to remind students to apply sunscreen before going outdoors, participating in excursions and camps, and to reapply as required e.g. reminder notices.

3. Hats

All students and staff are recommended to wear hats that protect their face, neck and ears e.g. broad-brimmed or bucket hats when they are outside.

4. Shade

- A shade audit is conducted regularly to determine the availability and quality of shade.
- The school's Governing Council makes sure there is a sufficient number of shelters and trees providing shade in the school grounds, particularly in areas where students congregate e.g. lunch areas, canteen and outdoor lesson areas.
- The availability of shade is considered when planning excursions and all other outdoor activities.
- In consultation with the school governing council, shade provision is considered in plans for future buildings and grounds.
- Students are encouraged to use available areas of shade when outside.

5. Sunglasses

Students and staff are encouraged to wear close-fitting, wraparound sunglasses that meet the Australian Standard 1067:2003 (sunglasses: Category 2,3 or 4) and cover as much of the eye areas as possible outside.

6. Staff WHS and role modelling

As part of WHS UV risk controls and role-modelling, when the UV is 3 and above staff are advised to:

- Wear sun protective hats, clothing and sunglasses and/or
- Apply DSPF 30 or higher broad spectrum, water resistant sunscreen
- Seek shade whenever possible.

7. Curriculum

- Programs on skin cancer prevention, sun protection and Vitamin D are included in the curriculum where appropriate.
- SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school website, parent meetings, staff meetings, school assemblies, student and teacher activities, student diary and in student enrolment packs.
- On days of extreme hot weather and UV, outside programs will be modified i.e. no student access to the oval.

8. Families and visitors

Families and visitors are encouraged to use a combination of sun protection measures e.g. sun protective clothing and hats, sunglasses, sunscreen and shade when participating in and attending outdoor school activities.

Policy review

The school council and staff regularly monitor and review the effectiveness of the SunSmart policy (at least every three years) and revise the policy when required.