



Camperdown College

Sunsmart Policy

DRAFT August 2015 (version 2) based on Healthy Together Victoria Achievement Program (joint Victorian and Australian Government initiative)

Rationale:

A balance of UV exposure is important for health. Too much of the sun's UV can cause sunburn, skin and eye damage, and skin cancer. Sun exposure in the first 10 years of life 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. A combination of sun protection measures are needed for all outdoor activities from September to the end of April whenever UV levels reach 3 and above - the level at which damage to skin and eyes can occur.

Aims:

Camperdown College acknowledges the importance of a healthy ultraviolet (UV) exposure balance that contributes to good health and overall wellbeing.

This policy confirms our commitment to:

- ensuring all students, staff and families have some UV exposure for vitamin D
- encouraging students, staff and families to use a combination of sun protection measures whenever UV Index levels reach 3 and above
- working towards a safe outdoor environment that provides shade for students, staff and families at appropriate times
- assisting students to be responsible for their own sun protection
- ensuring that families and new staff are informed of the school's sun protection measures.

Camperdown College will support the sun protection of students, staff and families through learning, policies, creating a safe and healthy physical and social environment, and developing community links and partnerships.

Implementation:

All members of our school community including staff, students, families and volunteers will be supported to meet this policy. Staff, families and students are given the opportunity to have input into policy development and are provided with information about policy requirements.

The School Council is committed to ensuring that there are sufficient shelters and trees providing shade in outdoor areas. The availability of shade will be considered when planning outdoor activities, on and off site. Students are encouraged to use available areas of shade when outside and students who do not have appropriate hats or outdoor clothing are asked to play in the shade or a suitable area protected from the sun. In consultation with the School Council, shade provision is considered in plans for future buildings and grounds. As part of the annual inspection of the school grounds by the Grounds and Buildings sub-committee of School Council, the current availability and quality of shade is considered.

Sun protective clothing is included in our school uniform, sports uniform and staff dress code. The UV protection factor will be considered when selecting items for inclusion in the College uniform list. The summer uniform includes shirts with collars and elbow length sleeves. For outdoor swimming events, students are encouraged to wear rash vests and sun protective swimwear.

Students should provide their own SPF 30+ broad-spectrum, water resistant sunscreen. This will be available for purchase on the school's booklist each year. The school also supplies SPF 30+ broad-spectrum, water resistant sunscreen for use by staff and students. From September to the end of April whenever UV levels reach 3 and above, students are reminded to apply sunscreen before going outdoors and every two hours when remaining outdoors. To support positive role modelling, staff and families are encouraged to apply SPF 30+ broad-spectrum, water resistant sunscreen when outdoors during September - April, and whenever UV index levels reach 3 and above.

All Junior Campus Students are required to wear a school hat that protects their face, neck and ears whenever they are outdoors during September - April whenever UV index levels reach 3 and above. All Senior Campus students are encouraged to wear a sun-smart hat outdoors during September - April whenever UV index levels reach 3 and above. Baseball or peak caps are not considered a suitable alternative. To support positive role modelling, staff are required to wear protective hats when outdoors during September - April whenever UV index levels reach 3 and above. Families are encouraged to do likewise.

With parental consent, students with naturally very dark skin will not be expected to apply sunscreen or wear a hat.

Students are encouraged to wear sunglasses when outside, if practical. Students and staff are encouraged to wear close fitting, wrap-around sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible. To support positive role modelling staff and families are encouraged to wear protective sunglasses when outdoors during September-April whenever UV levels reach 3 and above.

Sun protection and vitamin D education is incorporated into the curriculum. Staff are supported to access resources, tools and professional learning to enhance their knowledge and capacity to promote sun protection and vitamin D across the curriculum. Students are consulted about sun protection and vitamin D initiatives via JSC, SRC, and representation on the Policy sub-committee of School Council. Families and staff are provided with information, ideas and practical strategies to support healthy UV exposure at school and at home. Staff and families are provided with information on sun protection and vitamin D through newsletters, noticeboards and the school's website. The school engages local health professionals, services and other organisations to increase staff capacity to support a healthy UV exposure balance.

Evaluation:

This policy will be reviewed by the Policy sub-committee of School Council as part of the school's three year review cycle.

Resources:

SunSmart Schools Program: visit sunsmart.com.au or call 13 11 20. Includes daily UV alert.

SunSmart UV Alert: Indicates daily sun protection times and is available as a free SunSmart app, online (sunsmart.com.au or bom.gov.au/weather/uv), in the weather section of newspapers, or as a free widget that services add to their website. The sun protection times indicate when the UV index is forecast to be at level 3 or above.

DEECD School Policy and Advisory Guide: Sun and UV Protection

This policy was last ratified by School Council in (new policy).