

SUN SMART POLICY

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Rationale

Modbury High School needs to ensure that students are protected from the damaging effects of excess UV radiation.

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.

UV radiation cannot be seen or felt, and differs from infrared radiation that we feel as heat. UV levels are determined by factors including angle of earth to the sun, time of day and time of year, but not temperature, and UV levels can be high even on cool and cloudy days. Damage from UV radiation is cumulative and irreversible. 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. Sensible sun protection when the UV is 3 and above does not put people at risk of vitamin D deficiency.

Objectives

This Sun Protection 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;
- ensure all students and staff have some UV exposure for vitamin D;
- assist students to be responsible for their own sun protection; and
- ensure that families and new staff are informed of the school's Sun Protection policy. Staff are encouraged to access the SunSmart app, www.bom.gov.au/sa/uv or www.myuv.com.au to obtain the daily local sun protection times to assist with the implementation of this policy. In line with the Department for Education requirements and SunSmart guidelines, the school uses a combination of sun protection measures for all outdoor activities from 1 August to 30 April and whenever UV levels reach 3 and above at other times.

Procedure

1. Clothing

Sun protective clothing is included in the school 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 shorts and rash vests or t-shirts for outdoor swimming.

2. Sunscreen

- Students are encouraged to provide their own SPF 30 or higher broad spectrum, water resistant sunscreen. This is included on the school's booklist each year.
- The school supplies SPF 30 or higher broad spectrum, water resistant sunscreen for staff and student's use.
- Sunscreen is applied at least twenty minutes before going outdoors and reapplied every two hours if outdoors for an extended period.
- Strategies are in place to remind students to apply sunscreen before going outdoors and reapply as required e.g. reminder notices, sunscreen monitors, sunscreen buddies.

3. Hats

All students and staff are required to wear hats that protect their face, neck and ears whenever they are outside. Students must wear the Modbury High School sunhat as shown below. Baseball or peak caps are not acceptable.



During terms 1, 3 and 4, and whenever the UV level is above 3 at other times:

- Students are required to wear hats whenever outside. This includes recess, lunch, PE, outdoor construction, excursions and any other lesson requiring students to be outside

4. Shade

- A shade audit is conducted regularly to determine the current availability and quality of shade.
- The school 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.
- In terms 1, 3 and 4, and whenever the UV index is above 3 at other times, students who do not have appropriate hats or clothing are asked to move into the shade or a suitable area protected from the sun. If students fail to comply with the request to move to a suitable area for protection they will be sent to room 1.

Staff WHS and Role Modelling

As part of WHS UV risk controls and role modeling, in terms 1, 3 and 4, and whenever the UV index is 3 and above at other times, staff will:

- wear sun protective hats, clothing and sunglasses when outside;
- apply SPF 30 or higher broad spectrum, water resistant sunscreen;
- seek shade whenever possible. 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;
- 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 homepage, parent meetings, staff meetings, school assemblies, student and teacher activities and in student enrolment packs; and
- a daily alert is posted in the bulletin in DayMap to inform staff and students of the UV index, as per the Bureau of Meteorology forecast, and to remind them of the main requirements of the Sun Protection policy.

Reference

Cancer Council SA: <https://www.cancersa.org.au/cut-my-risk/sunsmart/secondary-schools/sunsmart-policy-information>

Policy review

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