



# SAINT SPYRIDON COLLEGE

EMBRACE LEARNING, FIND WISDOM

## SunSmart Policy 2020

### Rationale

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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 the first ten years of life is a major factor in determining future skin cancer risk.

Too little UV radiation from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health.

### Aims

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This SunSmart policy has been developed to:

- Encourage the entire Saint Spyridon College 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
- Ensure that families and new staff are informed of the school's SunSmart policy

### Implementation

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Staff are encouraged to access the daily sun protection times via the SunSmart app, [www.myuv.com.au](http://www.myuv.com.au) or [www.bom.gov.au](http://www.bom.gov.au), to assist with the implementation of this policy.

The school uses a combination of sun protection measures for all outdoor activities during terms 1, 3 and 4, and whenever the UV levels reach 3 and above at other times.

#### 1. Clothing

Sun protective clothing is included in the school uniform dress code (which includes formal uniform 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.

#### 2. Sunscreen

The school supplies SPF 30 or higher broad spectrum water resistant sunscreen for staff and student use. Bottles are kept in each classroom as well as administration areas. Students must

provide their own SPF 30 or higher broad spectrum water resistant sunscreen if the provided sunscreen is not suitable for them, (e.g. due to personal skin sensitivities).

Sunscreen is applied at least twenty minutes before going outdoors and reapplied every two hours.

Strategies are in place to remind students to apply sunscreen before going outdoors. We have reminder notices in our daily bulletin, including a notice about the temperature and UV levels, and a reminder that students are required to wear a hat and sunscreen when outside in terms 1, 3 and 4. Teachers are aware that all students have to be reminded to apply sunscreen before recess and lunch.

Families with children who have naturally very dark skin are encouraged to discuss their vitamin D requirements with their GP or paediatrician.

### **3. Hats**

All students and staff are required to wear hats to protect their face, neck and ears whenever they are outside. (Students – school uniform bucket hat. Staff – bucket or full-brimmed hat.) Baseball or peak caps are not acceptable. Saint Spyridon College's uniform includes a bucket hat that is required for **all** outdoor activities during terms 1, 3 and 4 and the second hand uniform shop at the front office provides spare hats for any students who has forgotten their own. Hats are also required when the UV levels reach level 3 and above. UV levels are announced in the bulletin every morning.

### **4. Shade**

The school 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. outdoor lesson areas, popular play areas). There are photos of our play areas attached.

The availability of shade is considered when planning excursions and all other outdoor activities. Four days per week, Saint Spyridon College students go to the Village Green and/or the Unley Oval. These areas have plenty of trees and shaded areas, but students are required to apply sunscreen 20 minutes before walking to the Oval or Village Green, and any student without a hat is required to either stay inside or borrow one from the second hand uniform shop.

In consultation with the school council, shade provision is considered in plans for future buildings and ground.

Care is taken during the peak UV radiation times and outdoor activities are scheduled outside of these times or in the shade (or indoors) where possible. Students are encouraged to use available areas of shade when outside.

Students who do not have appropriate hats or clothing are asked to play in the shade or a suitable area protected from the sun.

When the temperature reaches 36° or over, students are kept indoors during designated playtimes.

## **5. Sunglasses**

Students and staff are encouraged to wear close fitting, wraparound sunglasses that meet the Australian Standard AS/NZS 1067:2003 (Sunglasses: lens category 2, 3 or 4) and cover as much of the eye area as possible.

## **6. Staff OHS and Role Modelling**

As part of the Occupational Health and Safety UV risk controls and role modelling, when the UV is 3 and above, 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.

## **7. Curriculum**

Programs on skin cancer prevention are included in the curriculum for all year levels.

SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school website, parent meetings, staff meetings, school assemblies, and other student and teacher 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.

Date of next policy review: December 2023

