

Mount Waverley Secondary College



SUN SMART POLICY

Purpose

Australia has the highest rate of skin cancer in the world. It is estimated that practising sun protection in early childhood and adolescence could prevent more than 75% of all skin cancers.

Our *Sun Smart* Policy has been developed to ensure that all students and staff attending Mount Waverley Secondary College are aware of maintaining a healthy UV exposure balance. This policy documents our sun protection practices in the areas of behaviour, curriculum and environment. These practices apply to all college activities including sports carnivals, excursions and camps.

Objectives

The goals of the Sun Smart Policy are to:

- increase student and staff awareness of maintaining a healthy UV exposure balance
- assist students to develop strategies that encourage responsible decision making about skin protection when UV Index levels reach 3 and above (September to April in Victoria)
- work towards a safe college environment, which provides shade for students and staff
- assist students, parents and staff to be responsible for their own sun protection: to wear protective clothing, hats and sunscreen during high-risk times such as lunchtimes, sports, excursions and camps
- ensure that families are informed of the college's *Sun Smart* Policy.

Implementation

Behaviour

All students are expected to wear sun protective hats and clothing during recess, lunchtime and during sporting and other high-risk activities. Teachers, parents and students should monitor days of extreme risk and incorporate this data as part of the *Sun Smart* awareness in their curriculum programs.

- Sunscreen
All students are expected to have sunscreen at college in Term 1 and Term 4.
- Sun hat
A sun protective hat has been included as part of the college Uniform Policy. Students must use the college authorised school hat. All students are encouraged to have a sun protective hat at college during Terms 1 and 4. Students are encouraged to wear the hat to and from college on days when the UV Index is above 3.
- Sunglasses
It is recommended that students and staff 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 when outdoors.
- Clothing
Sun protective clothing is included in our college uniform.

Physical Education and Sport Education

All students are to be protected from the sun during outdoor physical education and sport activities. On days of extreme temperature/UV ratings teachers will try to minimise activities in the sun. Throughout Terms 1 and 4 all students must wear sun protective hats and sunscreen when outdoors.

Camps and Excursions

Suitable hats, clothing and sunscreen are required for all camps and excursions. These items will be listed on the parent permission form.

Adult Role Models

Staff have a responsibility to model appropriate protection and are encouraged to wear hats and use sunscreen whilst on duty or participating in outdoor class or sport activities.

Occupational Health and Safety

Consideration should be given to sun protection for all teachers involved in outdoor activities including yard duty. Physical Education and Sport Education teachers are encouraged to take appropriate sun protection measures as they are particularly at risk from UV radiation.

Curriculum

Information related to sun protection, skin cancer prevention, Vitamin D and maintaining a healthy UV exposure balance is included in KLA programs but specifically in Health, Physical Education and Science. We encourage students to be actively involved in initiatives to protect the college community from over-exposure to the sun.

Environment

The College Council Buildings and Grounds Committee will monitor provision of shade within the college grounds for students and staff and responds to initiatives as a part of the college development process and in accordance with resource allocation. Plans for future buildings and grounds will be monitored for inclusion of adequate shade provision.

Adequate shade and sun protection is an integral part of the planning for all sports carnivals held in Terms 1 and 4.

All new staff members are briefed on the *Sun Smart* Policy as part of the regular induction program.

At the beginning of Terms 1 and 4 the college community will be reminded of the policy via newsletters, assemblies and bulletins.

The *Sun Smart Policy* will be included in the college handbook/college diary each year.

The Anti-Cancer Council of Victoria should be contacted regularly to ensure that up-to-date information is maintained on Sun Smart resources and policy guidelines.

Evaluation

The College Council Education Committee will regularly review the effectiveness of this policy with respect to *Sun Smart* behaviour of the college community, the provision and use of shade in the college and the Sun Smart protection and skin cancer prevention component of the curriculum.