



## Holy Spirit Community School's SUNSMART policy

This policy applies to all Holy Spirit Community School events on and off site.

### Purpose

This SunSmart policy provides guidelines to:

- Ensure all students and staff have some UV exposure for vitamin D.
- Ensure all students and staff are well protected from too much UV exposure by using a combination of sun protection measures whenever UV levels reach 3 and above.
- Ensure the outdoor environment is sun safe and provides shade for students and staff.
- Ensure students are encouraged and supported to develop independent sun protection skills.
- Support duty of care requirements
- Support appropriate OHS strategies to minimise UV risk and associated harms for staff and visitors

### Background

A balance of ultraviolet radiation (UV) exposure is important for health. Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. Exposure to the sun's UV during childhood and adolescence is associated with an increased risk of skin cancer in later life. 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.

### Legislation and Standards

- Occupational Health and Safety Act 2004
- Education and Training Reform Act 2006: Sch.5 Reg. 1 (1.2)

### Procedures

- To assist with the implementation of this policy, staff and students are encouraged to access the daily local sun protection times at [sunsmart.com.au](http://sunsmart.com.au), via the free SunSmart app. and through BOM information

- A combination of sun protection measures are used for all outdoor activities during the sun protection times (whenever UV levels reach 3 and above), typically from **September to the end of April** in Victoria.

### Healthy physical environment

#### 1. Seek shade

- The school community provides adequate shade structures throughout: both natural and artificial.
- As a community, we 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, outdoor lesson areas and popular play areas.
- The availability of shade is considered when planning all other outdoor activities and excursions.
- Shade provision is considered in plans for future buildings and grounds.
- Students are encouraged to use available areas of shade when outside.
- 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. This is the allocated space on the steps, in the shade beside the top courts.

### Healthy social environment

#### 2. Slip on sun protective clothing

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

#### 3. Slap on a hat

- **All** students and staff are required to wear hats that protect their face, neck and ears. Students are expected to wear the nominated Holy Spirit uniform hat.

#### 4. Slop on sunscreen

- Students must provide their own SPF 30 or



higher broad spectrum, water resistant sunscreen. This is included on the school's booklist each year. .

- Sunscreen is applied at least 20 minutes (where possible) before going outdoors and reapplied every two hours if outdoors.
- Strategies are in place to remind students to apply sunscreen before going outdoors and to play in sheltered areas

### Learning and skills

- Programs on skin cancer prevention and vitamin D are included in the curriculum for all year levels, particularly in Term 1 of our Even Year curriculum cycle. School assemblies are conducted with a SunSmart focus each year, as well as ongoing reminders about exhibiting SunSmart behaviour.
- SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, staff meetings, school assemblies and student and teacher activities.

### Engaging children, educators, staff and families

- Staff and families are provided with information on sun protection and vitamin D through family newsletters and noticeboards
- As part of OHS UV risk controls and role-modelling, when the UV is 3 and above staff, families and visitors:
  - wear a sun protective hat, covering clothing and, if practical, sunglasses when outside
  - apply sunscreen
  - seek shade whenever possible

### Monitoring and review

- The School Board and staff regularly monitor and review the effectiveness of the SunSmart policy (at least once every three years) and revise the policy when required by completing a policy review and membership renewal with SunSmart at [sunsmart.com.au](http://sunsmart.com.au).
- SunSmart policy updates and requirements will be made available to staff, families and visitors.

Next policy review: 2018

### Relevant documents / links

- DEAT [The Compact: Roles and Responsibilities in Victorian government school education](#): Principle 3 (2012)
- DEAT School Policy & Advisory Guide (SPAG) [Sun & UV protection](#) (2011)
- DEAT [OHSMS Implementation Guide](#) (2009)
- DEAT [Building Quality Standards Handbook](#) (BQSH): Section 8.5.5 Shade Areas (Oct 2011)
- DEAT [Guidelines for School Playgrounds](#) – Playground safety management: Section 3.2.5 (2012)
- DEAT [Outdoor activities](#)
- Catholic Education Commission of Victoria (CECV) [Occupational Health & Safety Checklist](#)
- Independent Schools Victoria (ISV) Compliance Framework: [Sun Protection / Health & safety](#)
- [Victorian Early Years Learning and Development Framework](#) (VEYLF)
- Education and Training Parliamentary Committee Inquiry into Dress Codes and School Uniforms in Victorian Schools - Government Response
- Safe Work Australia: [Guidance Note for the Protection of Workers from the Ultraviolet Radiation in Sunlight](#) (2008)
- AS 4685.1: 2014 Playground equipment and surfacing – General safety requirements and test methods

Latest update: Feb 2016

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