



ALTONA P-9 COLLEGE

Altona P-9 College Sun Smart Policy

A Rationale

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. 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.

The Altona P9 College SunSmart Policy has been developed to ensure that all students and staff attending this school are protected from the above listed risks.

B Purpose

- To educate students as to suitable SunSmart protection strategies.
- To encourage students and staff to protect themselves from the harmful effects of the sun.

C Implementation

- **Shade:** A shade audit is conducted at the date of policy development or review to determine the current availability and quality of 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. lunch, canteen, outdoor lesson areas and popular play areas. The availability of shade is considered when planning excursions and all other outdoor activities.
- **Clothing:** All Altona P-9 school uniform is regarded as sun protective clothing. 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.
- **Hats: All students (P-9)** are required to wear a school bucket hat that protects their face, neck and ears, whenever they are outside. Staff must also wear Sun Smart hats. This will not be strictly enforced between the months of May and August when the UV level average is below 3. Baseball or peak caps are **not** considered a suitable alternative.
- **Sunglasses:** 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. This is not compulsory.
- **Sunscreen:** The school supplies SPF 30+ broad spectrum, water resistant sunscreen for staff and students' use. Sunscreen will be available in each classroom and will be encouraged to apply this to themselves 20 minutes before going outdoors and reapplied every two hours if outdoors. Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminder notices, sunscreen monitors, sunscreen buddies).
- **Curriculum:** Programs on skin cancer prevention and vitamin D are included in the curriculum. SunSmart behaviour will be regularly reinforced and promoted to the whole school community through newsletters, school website, staff meetings, school assemblies, student and teacher activities and on student enrolment. The SunSmart policy will be reflected in the planning of all outdoor events, in particular using shaded areas wherever practicable to do so.

D Evaluation: This policy will be reviewed as part of the college's 3 year review cycle.

This policy is in accordance with the recommendations as outlined by SunSmart Victoria www.sunsmart.com.au as subsidiary of Cancer Council Victoria

The date of the next review will be: November 2016