

SUN & UV PROTECTION

Rationale

- Overexposure to UV during childhood and adolescence is a major factor in determining future skin cancer risk. Melanoma is the most common cancer in young Australians aged 13-24 years.
- Ultraviolet (UV) radiation cannot be seen or felt, comes directly from the sun and can also be scattered in the air. It is reflected by surfaces such as buildings, concrete, snow, and sand and can pass through light clouds.
- UV radiation varies in intensity across the year and is normally highest during school hours.
- However, **too little exposure** to UV radiation can lead to low vitamin D levels.

Purpose

- To create a healthy environment.
- To encourage appropriate behaviours to allow some UV exposure for vitamin D and minimise overexposure to reduce skin and eye damage and skin cancer risk.
- To encourage behaviour change through education and role-modelling.
- To protect staff and students from harm caused by overexposure to ultraviolet (UV) radiation.
- To ensure Bellbridge Primary School complies with DEECD policy and guidelines and the legislative requirements of *Occupational Health and Safety Act 2004*.

Implementation

- School Council will work towards a safe school environment that provides shade for students, staff and the school community when required.
- The school will endeavour to ensure students and staff maintain a healthy balance of UV exposure from the sun.
- The school will assist students to be responsible for their own sun protection.
- New families and new staff will be informed of the programs.
- Safe UV exposure will be encouraged whenever UV Index levels are below 3.
- The school will adopt SunSmart principles.
- As part of the dress code, students will be required to wear hats that cover their face, neck and ears when outdoors in fourth and first terms (ie between the months September to April).
- Staff also will be required to wear hats whilst on yard duty during this period.
- Students and staff will be encouraged to wear close fitting, wrap-around sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2,3 or 4) and protect and cover as much of the eye as possible.
- Unless there is a specific health issue and for students with naturally dark pigmented skin, all students will be required to use SPF 30+ broad spectrum, water resistant sun screen. In consultation with the school community, this can be supplied by the school or provided by students as part of the booklist.
- Parents and visitors to the school will be encouraged to use the full range of sun protection measures when attending outdoor activities.
- There will be processes in place to remind students and the community of school policy.
- Please refer also to the school's *Uniform Policy*.

Evaluation

- This policy will be reviewed as part of the school's three-year review cycle or if guidelines change (latest update April 2014).

When Reviewed / Developed – VRQA Minimum Standards: June 2014

Reference: www.education.vic.gov.au/school/principals/spag/health/pages/sun.aspx