

SunSmart Policy



Purpose / Objectives:

This Policy outlines Lavalla Catholic College's commitment to a healthy balance of the sun's ultraviolet (UV) radiation exposure to the College's community including all staff and students.

Scope / Application:

This Policy applies to all Lavalla Catholic College staff, students, volunteers and contractors.

Definitions:

Too be added as needed

Policy Statement:

Part A - Rational

- A healthy balance of the sun's ultraviolet (UV) radiation exposure is important for health.
- Too much UV from the sun can cause sunburn, skin damage, eye damage and skin cancer.
- Australia has one of the highest rates of skin cancer in the world. Two in three Australians will develop some form of skin cancer before they are 70.
- Overexposure to UV during childhood and adolescence is known to be a major cause of skin cancer.
- Sun protection is needed whenever UV levels reach three and above. In Victoria average UV levels are three and above from September to the end of April. During these months extra care is needed between 10am-3pm when UV levels reach their peak.
- Too little UV from the sun can lead to low vitamin D levels. Vitamin D regulates calcium levels in the blood. It is also necessary for the development and maintenance of healthy bones, muscles and teeth and for general health.
- From May to August in Victoria, average UV levels are below three so sun protection is not usually needed during these months unless in alpine regions, near highly reflective surfaces such as snow or outside for extended periods.

Part B – Objective:

The objectives of this SunSmart Policy are to:

- Inform students, staff, volunteers and contractors on the importance of maintaining a healthy UV exposure balance.
- Work towards a safe school environment that provides shade for students, staff, and the school community at appropriate times.
- Assist students to be responsible for their own sun protection.
- Ensure that families and new staff are informed of the school's SunSmart policy through student enrolment packs and staff, volunteer and contractor inductions.

From September to April in Victoria:

Shade:

- The Principal and/or their delegate ensures shade is available in the school grounds particularly in areas where students congregate – for example, lunch areas, canteen, outdoor lesson areas and other school activities such as sporting.
- The Principal and/or their delegate ensures shade provisions are considered in plans for future buildings and grounds.
- Processes for the planning of outdoor activities and excursion include the consideration of shade.

Clothing, Hats and Sunglasses:

- Sun protective clothing is included in our school uniform or dress code uniform in the following ways:
- The sport uniform/dress code includes a shirt that covers the shoulders and a collar that sits close to the neck, above the collarbone.
- The sport uniform/dress code includes longer style shorts/pants at least to the mid-thigh.
- The summer uniform/dress code includes longer style dresses/shorts/pants at least to the knee.
- Hats which shade the face, head, ears and neck are available in the uniform policy.
- Students and staff are strongly encouraged to wear wraparound sun glasses and hats when during outdoor sporting activities.
- Student and Staff bathrooms display posters warning of the dangers of overexposure to UV rays.
- All excursion permission forms list a hat as a required item.

Sunscreen:

- SPF 30+ broad spectrum, water resistant sunscreen is available for staff and students
- Sunscreen suitable to be stored in student's lockers or attached to their bag is a required item on the Lavalla Catholic College booklist.
- All excursion permission forms list Sunscreen as a required item.
- The school community is educated about the correct use of sunscreen and the level of protection it provides.

Scheduling:

- This policy is considered in the planning of all outdoor events such as assemblies, camps, excursions and sporting events.
- Where possible, outdoor activities/events will be scheduled to minimise time in direct sun e.g. earlier in the morning or later in the afternoon. Shaded and indoor venues will be considered.

Staff OH&S and Role Modelling:

- As part of OH&S risk controls and role modelling, staff and volunteers are encouraged to use a combination of sun protection measures (sun protective clothing and hats, sunglasses, sunscreen and shade) when outside.

From May to August in Victoria

Curriculum:

- Educational programs on skin cancer prevention and healthy UV exposure for Vitamin D are incorporated into appropriate areas of the school curriculum.
- Professional Learning for Staff:
- Information on appropriate UV exposure measures are included in staff booklets.
- New staff, volunteers and contractors are given a copy of this Policy.

Review of the Policy:

- The Principal, Members of the Leadership Team, relevant staff and SRC members will regularly monitor and review the effectiveness of the SunSmart Policy.
- Review of the SunSmart Policy will be conducted at least every three years or when required.

Procedures:

- See SunSmart Procedures

Guidelines:

- As needed and prepared.

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