SunSmart Policy

Rationale

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

This SunSmart Policy seeks to minimise the exposure of the students and staff of Williamstown High School to harmful UV radiation from the sun.

Objectives

The objectives of the SunSmart Policy are to:

- Increase student, whole-school and community awareness of skin cancer and other damage to which UV radiation is a contributing factor.
- Enable students to make responsible decisions about skin protection.
- Create a school environment that provides shade and other sun-protective measures for the entire school community.
- **Encourage** students, parents, teachers and staff to wear protective clothing, hats and sunscreen during high risk times such as lunchtimes, sports, excursions and camps.
- Ensure that families and new staff are aware of this Policy.

Implementation

- Sun protection and skin cancer awareness programs are incorporated into the Physical Education and Home Group curriculum programs.
- Strategies 1-4 (Uniform/clothing, sunscreen, scheduling, role modelling) will be implemented from the beginning of September until the end of April, as this is when UV index levels are high enough (3 and above) to damage the skin and lead to skin cancer.
- Strategies 5-7 (shade, curriculum, professional development for staff) are ongoing and will therefore be implemented at various times throughout the year.
1. Uniform/clothing

Sun protective clothing is included in our school uniform/dress code and sports uniform in the following ways:

- The summer uniform/dress code includes a shirt with a collar that sits close to the neck and above the collarbone.
- The summer uniform/dress code includes longer style skirts/shorts/pants to at least just above the knee.
- The sport uniform/dress code includes a shirt with a collar that sits close to the neck and above the collarbone.
- The sport uniform/dress code includes longer style skirts/shorts/pants to at least just above the knee.
- Students and staff are encouraged to wear hats that protect their face, neck and ears whenever they are outside.

2. Sunscreen

- SPF30+ broad spectrum, water resistant sunscreen is available for staff and students’ use and students are encouraged to bring their own sunscreen to school.
- Staff encourage students to use sunscreen and provide time for students to apply sunscreen before going outside.
- The school community is educated about the correct use of sunscreen and the level of protection it provides.

3. 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 earlier in the morning or later in the afternoon, or indoor venues will be considered.

4. Role Modelling

- Staff are encouraged to act as role models by using a combination of sun protection measures (clothing, hats, sunscreen, shade) when outside.
Families and visitors are actively encouraged to use a combination of sun protection measures (clothing, broad-brimmed hats, sunscreen, shade) when participating in and attending outdoor school activities.

5. Shade

- The school/school council ensures that shade is available in the school grounds particularly in areas where students congregate, for example, lunch areas, canteen, outdoor lesson areas.
- The school/school council ensures shade provision is considered in plans for future buildings and grounds.
- Processes for the planning of outdoor activities and excursions include the consideration of shade.
- Students are encouraged to use shade when outside particularly if they are not wearing appropriate hats or clothing.

6. Curriculum

- Sun protection and education programs are incorporated into appropriate areas of the secondary school curriculum.
- Students are encouraged to be involved in initiatives to promote and model sun protection measures to the whole school community.
- Sun protective behaviour is regularly reinforced and promoted to the whole school community through a variety of channels such as newsletters, staff meetings and school assemblies.

7. Professional Development for Staff

- Consideration is given to sun protection for all teachers/staff 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.
- Sun protection is included in staff training to enable staff to work safely outdoors and to encourage them to be positive role models.
- Sun protection information is included in staff booklets.
- New staff are given a copy of this policy.
Review and Monitoring of Policy

- This policy will be monitored by the Student Well-Being Team who will ensure:
  - All new staff have been briefed on the SunSmart Policy
  - The SunSmart Policy is included as an agenda item for the Term 1 and Term 4 staff meetings each year.
  - The SunSmart Policy is reviewed every three years by the School Council
  - The SunSmart Policy is included in the student Study Planner each year.
  - SunSmart practices are promoted regularly throughout the year.
  - The Student Well-Being Team reviews the current policy every three years and ensures that it meets with the recommendations of the Anti-Cancer Council of Victoria.

Evaluation

The Student Well-Being Team in collaboration with the Student Representative Council will review the effectiveness of this policy every three years. They will:

- Review the use of SunSmart practices of students and staff at least every three years.
- Assess shade provision and usage and make recommendations.
- Check plans for future buildings and grounds with regards to shade provision through the Buildings and Grounds Committee.
- Evaluate and update the sun protection and skin cancer prevention component of the school curriculum (in collaboration with the health and physical education teaching staff).

Evaluation & Review:
This policy will be reviewed as part of the school’s three year review cycle.

Definitions & References:

Consultative Process:
Via School Council’s Education Policy sub-committee in conjunction with recommendations and guidelines from the Cancer Council website.

Ratification:
Ratified by School Council November 2013