

UV/Sun Smart POLICY



Williamstown High School

Updated in 2021

UV / Sun Smart Policy

1. Rationale

Excessive exposure to the sun's ultraviolet (UV) radiation can cause health problems including sunburn, damage to skin and eyes, and an increased risk of skin cancer.

UV radiation:

- cannot be seen or felt
- can be reflected off surfaces such as buildings, asphalt, concrete, water, sand and snow
- can pass through light clouds
- varies in intensity across the year (highest in Victoria from mid-August – end of April)
- peaks during school hours

This UV Policy has been developed to ensure that all students and staff attending Williamstown High School (WHS) are protected from over-exposure to the harmful UV radiation from the sun. It documents our comprehensive sun and UV protection practices. These practices will be applied to all students and staff at school activities including sports carnivals, excursions and camps.

2. Purpose

The purpose of this policy is to encourage behaviours at Williamstown High School to minimise the risk of skin and eye damage and skin cancer. This policy provides guidelines to:

- Support staff and students to use a combination of sun protection measures when UV index levels are 3 or above (generally mid-August – end of April).
- Ensure that there are outdoor environments that provide adequate shade for students and staff.
- Ensure students are encouraged and supported to develop independent sun protection skills to help them to be responsible for their own protection.
- Support our school's strategies to meet its duty of care and occupational health and safety obligations to minimise harmful UV exposure and associated harm for students and staff.

3. Implementation

Sun safety is a shared responsibility and staff, parents and students are encouraged to implement a combination of sun protection measures whenever UV levels reach 3 and above (typically from mid-August to the end of April in Victoria). Information about the daily local sun protection times is available via, the free SunSmart app, or at sunsmart.com.au or bom.gov.au

Williamstown High School has the following measures in place to help reduce the risk of excessive UV sun exposure for staff and students.

4. Specific procedures

Shade

Williamstown High School will provide sufficient options for shelter and trees to provide shade on school grounds, particularly in places such as:

- where students congregate for lunch
- outdoor lesson areas
- popular play areas
- assembly areas
- sporting grounds and oval
- Students are encouraged to use shade when outside particularly if they are not wearing appropriate hats or clothing.

When building works or grounds maintenance is conducted at either campus that may impact on the level of

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shading available to staff and students, a review of the shaded areas available will be conducted and further shading installed as appropriate.

Sun protective uniform/clothing

Williamstown High School recommends that from mid-August to end of April, and whenever UV levels reach 3 and above, students come to school wearing sun-protective clothing such as:

- loose, cool, closely-woven fabric
- shirts with a collar and/or high necklines
- tops with elbow length or long sleeves
- longer style shorts and skirts
- rash vests or t-shirts for outdoor swimming activities.

Williamstown High School's school uniform and dress code includes sun-protective clothing, including:

- loose, cool, closely-woven fabric
- shirts with a collar and/or high necklines
- tops with elbow length or long sleeves
- longer style shorts and skirts

As we are a secondary school, we expect students to take responsibility for being SunSmart by wearing a school hat during outdoor activities or staying in the shade, if they are not wearing sunscreen.

Staff and students are encouraged to wear hat styles that protect the face, neck and ears when outdoors, for example broad-brimmed, legionnaire or bucket.

Students who are not wearing appropriate protective clothing or a hat may be asked to play in the shade or in a suitable area protected from the sun.

Sunscreen

Williamstown High School encourages all staff and students to apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen daily whenever UV levels reach 3 and above. Sunscreen should be applied at least 20 minutes before going outdoors, and reapplied every two hours according to manufacturer's instructions.

WHS has strategies in place to remind students to apply sunscreen before going outdoors [for example i.e. reminder notices, sunscreen monitors and teacher packs during classtime.

WHS students are welcome to attend the front office to access sunscreen. Staff and students who may suffer from allergic reactions from certain types of sunscreen are encouraged to contact the first aid officers at each campus to implement a management plan to reduce the risk of an allergic reaction at school.

Staff and families should role model SunSmart behaviour and are encouraged to apply SPF 30 (or higher) broad-spectrum, water-resistant sunscreen when outside.

Sunglasses

Where practical, WHS encourages students and staff engaged in outdoor activities 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.

Curriculum

Students at our school are encouraged to make healthy choices, and are supported to understand the benefits and risks of sun exposure. WHS will address sun and UV safety education as part of our Health and Physical Education program, Student Engagement and Wellbeing Program and Homegroup Curriculum Program across Years 7 to 12.

Staff are encouraged to access resources, tools, and professional learning to enhance their knowledge and capacity to promote sun smart behaviour across the school community.

Engaging students, staff and families

SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters,

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social media platforms, staff and parent meetings, school assemblies, student and teacher activities and at student enrolment/new staff orientation.

5. Evaluation and review

Review and Monitoring of Policy

- This policy will be monitored by the Principal Team to ensure: All new staff have been briefed on the UV / Sun Smart Policy.
- The Policy is included as an agenda item for the Term 1 and Term 4 staff meetings each year.
- Evaluate and update the sun protection and skin cancer prevention component of the school curriculum (in collaboration with the Health and Physical Education staff).

6. Definitions & references

The Department's Policy Advisory Library:
Sun and UV Protection Policy
Duty of care
SunSmart
Achievement Program's SunSmart policy

7. Consultative process

- Campus Principals updated language if current policy in line with DET policy.
- Consultation undertaken with Principal Team.
- Education Policy reviewed and discuss drafted updates to SunSmart policy.
- Feedback and ratification at School Council on:

POLICY REVIEW AND APPROVAL

Policy last reviewed	August 2021
Approved by	School Council
Next scheduled review date	August 2024