**Our Lady of the Nativity School**

**SunSmart Policy**

**Rationale:**

A balance of ultraviolet radiation (UV) exposure is important for health.

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.

Over exposure to the sun presents a serious health risk and can cause sunburn, skin and eye damage and skin cancer.

Students must therefore be educated as to the need for suitable sun protection, and protected from over exposure to the sun whilst at school.

**Aims:**

To educate students as to suitable sunsmart protection strategies.

To encourage children and teachers to protect themselves from the harmful effects of the sun.

**Implementation:**

* This policy is to be read as part of our School Uniform Policy which includes shirts with collars and longer style dresses and shorts.
* Children will be required to wear school hat that protects their face, neck and ears whenever they are outside from September to the end of April
* Staff will act as role models by also wearing hats and using other sun protection measures when outside.
* Children without hats will be restricted to designated shaded areas. NO HAT - NO PLAY
* Children will be actively encouraged to wear a broad-spectrum water resistant sunscreen (SPF30+ or higher).
* Sunscreen is applied at least 20 minutes (where possible) before going outside and reapplied every two hours if outside.
* Strategies are in place to remind students to apply sunscreen before going outdoors
* Children are permitted to wear unbreakable sunglasses (labeled AS1067)
* Whenever possible, outside activities on hot days should be scheduled before 11:00 am.
* The school will provide adequate shade structures for students as practicable; particularly over high density play areas such as sand pits and play equipment.
* The Parents and Friends Committee will ensure that school uniform hats are available for purchase from the uniform shop
* The school newsletter and school assemblies will be used to highlight and reinforce the SunSmart policy.
* SunSmart activities and sun protection will form part of the Health and Physical Education curriculum.

Our school will seek to maintain membership as a SunSmart school at the Anti-Cancer Council of Victoria.

**Relevant documents / links**

* Catholic Education Commission of Victoria (CECV) [Occupational Health & Safety Checklist](http://www.cecv.catholic.edu.au/frameset.htm?page=policies)
* DEAT [The Compact: Roles and Responsibilities in Victorian government school education](http://www.education.vic.gov.au/Documents/school/principals/management/thecompact.pdf): Principle 3 (2012)
* DEAT School Policy & Advisory Guide (SPAG) [Sun & UV protection](http://www.education.vic.gov.au/school/principals/spag/health/Pages/sun.aspx) (2011)
* DEAT [OHSMS Implementation Guide](http://www.education.vic.gov.au/Documents/school/principals/management/ohsmsguide.pdf) (2009)
* DEAT [Building Quality Standards Handbook](http://www.education.vic.gov.au/school/principals/spag/infrastructure/Documents/BuildingQualityStandardsHandbook%28Oct2011%29.pdf) (BQSH): Section 8.5.5 Shade Areas (Oct 2011)
* DEAT [Guidelines for School Playgrounds](http://www.education.vic.gov.au/Documents/school/principals/infrastructure/schoolplaygroundguide.pdf) –Playground safety management: Section 3.2.5 (2012)
* DEAT [Outdoor activities](http://www.education.vic.gov.au/school/principals/management/Pages/outdooractivities.aspx)
* [Victorian Early Years Learning and Development Framework](http://www.education.vic.gov.au/childhood/providers/edcare/pages/veyladf.aspx?Redirect=1) (VEYLDF)
* Education and Training Parliamentary Committee Inquiry into Dress Codes and School Uniforms in Victorian Schools -Government Response
* Safe Work Australia: [Guidance Note for the Protection of Workers from the Ultraviolet Radiation in Sunlight](http://www.safeworkaustralia.gov.au/sites/swa/about/publications/pages/gn2008protectionfromultravioletradiation) (2008)
* AS 4685.1: 2014 Playground equipment and surfacing – General safety requirements and test methods