

Sun Smart Policy

Rationale

This SunSmart Policy has been developed to ensure that all students and staff of MacKillop Catholic College maintain a healthy UV exposure balance which minimises the risk of skin cancer with appropriate sun protection measures, yet ensures some daily sun exposure for vitamin D requirements.

Objectives

- Assist the College Community to achieve a healthy UV balance.
- Encourage the entire College Community to use a combination of sun protection measures whenever UV levels reach 3 and above.

Implementation

Curriculum

- Educational programs on skin cancer prevention and healthy UV exposure for Vitamin D are incorporated into the Pastoral Care Program of the school's curriculum, in all year levels.

Uniform/Clothing

Whenever UV levels are 3 or above:

- Students are actively encouraged to wear broad-brimmed hats whenever they are outside. **No Hats No Play!** Is our whole school approach.
- The uniform/dress code includes a shirt with near elbow length sleeves and a collar.
- Longer style shorts are also included.
- Staff are required to wear broad-brimmed hats (or alternatively use an umbrella) for all outdoor activities, including playground duties.
- Temporary shades are available through the college.
- Parents should also be encouraged to wear broad-brimmed hats (or alternatively use an umbrella) when participating in and attending outdoor school activities.
- The College will support those staff and students who choose to wear sunglasses. A close fitting wrap around style that meets AS 1067 is recommended.

Sunscreen

Whenever UV levels are 3 or above:

- Students and staff are actively encouraged to apply SPF50 (or higher) broad-spectrum, water-resistant sunscreen regularly e.g. prior to school, before lunch, PE lessons, sport days, and excursions, etc.
- Sunscreen is easily available throughout the College for staff and student use.
- Only with appropriate consultation and advice from parents, students with naturally very dark skin (skin that rarely or never burns) are not required to wear sunscreen.

Sport and Physical Education

Whenever UV levels are 3 or above:

- Students are actively encouraged to wear broad-brimmed hats for sport and physical education.
- The College sport Uniform Dress Code includes shirts with collars; singlets are not to be worn for outdoor sporting events.
- For outdoor swimming carnivals and events, students should be encouraged to wear a t-shirt or rash vest.
- 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. The use of indoor and shaded facilities will be considered at other times where possible.
- Physical Education Staff will be required to wear a broad brimmed hat, and sensible clothing that covers skin, i.e. at least elbow length sleeves and knee length shorts.

Camps and Excursions

Whenever UV levels are 3 or above:

- Sun protection is considered in the planning of all camps and excursions.
- Processes for the planning of outdoor activities and excursions include the provision of shade areas e.g. permanent and portable structures, and access to trees etc.

Shade

Whenever UV levels are 3 or above:

- The College Board ensures shade provision is considered in plans for future buildings and grounds.
- The College Board ensures shade is available in the College grounds particularly in areas where students congregate – for example, lunch areas, canteen, and outdoor lesson areas. If this is not possible, the College is working towards increasing natural shade in the College grounds.
- Where shade is otherwise not available, temporary shade structures will be considered for events such as sports carnivals.
- Students and staff are actively encouraged to use shade when outside, particularly if they are not wearing appropriate hat or clothing.

Vitamin D

Generally, UV Levels do not fall below 3 in the Northern Territory.

Occupational Safety and Health

Whenever UV levels are 3 or above, as part of OHS UV risk controls and role modelling, all staff are required to use a combination of sun protection measures (sun protective clothing, broad brimmed hats, 50+ sunglasses, sunscreen and shade) when outside.

General awareness and reminders

- The College actively promotes a positive culture around sun protection. i.e. Via college newsletters, notice boards, assembly announcements and college website etc.
- A SunSmart Web Widget is available to schools to upload to their website at: <http://www.cancer.org.au/preventing-cancer/sun-protection/uv-alert/uv-alert-widget.html>

Professional Learning

- Information about a balanced approach to UV exposure is included in staff training to enable staff to work safely outdoors and encourage them to be positive role models.
- Information on appropriate UV exposure measures are included in staff manuals.
- New staff are provided with a copy of this policy as part of their induction.
- Teaching staff are encouraged to complete Cancer Council's free online professional learning modules at www.GenerartionSunSmart.com