



MARY IMMACULATE PRIMARY SCHOOL

*A dynamic and caring community committed to enacting our faith; inspiring, challenging and engaging lifelong learners.
(excellence, integrity, inclusiveness, respect)*

SunSmart Policy

Rationale

Mary Immaculate School is a SunSmart school and as such, we support the principles of the SunSmart organisation. A balance of ultraviolet radiation (UV) exposure is important for health. Too much of the sun's UV can cause sunburn, skin and eye damage and possibly, skin cancer. Exposure to the sun's UV during childhood and adolescence is associated with an increased risk of skin cancer in later life. 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. Our school has a duty of care and responsibility to ensure that adequate sun protection is provided for all students and staff members when at school or otherwise engaged in school related activities - on and/or off site.

Aims

This SunSmart Policy has been developed to ensure that:

- all students and staff members are protected from over-exposure to UV radiation
- the outdoor environment provides adequate shade for students and staff
- students develop independent sun protection skills to help them be responsible for their own sun protection
- duty of care requirements are met
- the school complies with Occupational Health & Safety (OHS) obligations and initiatives to ensure the safety and well-being of all members of the School Community.

Implementation

- staff members are encouraged to access the SunSmart UV Alert at sunsmart.com.au to find out daily local sun protection times
- staff use a combination of sun protection measures for all outdoor activities from September to the end of April and whenever UV levels reach 3 and above.

Mary Immaculate School encourages students and staff members to protect themselves from UV radiation in five ways:

1. Seek shade

- A shade audit is conducted regularly by the Principal to determine the current availability and quality of shade.
- The school ensures that there is a sufficient number of shelters and trees providing shade in the school grounds particularly in areas where students congregate e.g. canteen, outdoor lesson areas and popular play areas.
- The availability of shade is considered when planning excursions and all other outdoor activities.
- In consultation with the School Advisory Council when necessary, shade provision is considered in plans for future buildings and grounds.



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- Students are encouraged to use available areas of shade when outside.

2. Slip on sun protective clothing

- Sun protective clothing is included in our school uniform / dress code and sports uniform.

3. Slap on a hat

- All students and staff are required to wear hats that protect their face, neck and ears, i.e. broad brimmed or bucket hats, whenever they are outside. Baseball or peak caps are not considered a suitable alternative.
- As we have a 'no hat no play' policy, students who do not have appropriate hat are required to play in the shade or in a suitable area protected from the sun.

4. Slop on sunscreen

- Students must provide their own SPF 30+ broad spectrum, water resistant sunscreen.
- Sunscreen can be applied at least 20 minutes before going outdoors and reapplied every two hours if outdoors.
- Students are reminded to apply sunscreen before going outdoors.

5. Slide on sunglasses (if practical)

- Where practical, students and staff are encouraged 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

- SunSmart Programs are included in Health Units taught at each year level.
- SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, the school website, parent meetings, staff meetings, school assemblies, student and teacher activities and on student enrolment.

Supporting School Policies/Statements:

- Student Wellbeing Policy
- First Aid Policy
- Yard Duty Policy
- Child Safety Policy

Evaluation

The evaluation of the 'SunSmart Policy' will occur biennially.

References:

Anti-Cancer Council-SunSmart Schools
Victorian Department of Education, Sun & UV Protection Policy 2019-04-24
www.sunsmart.com.au

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