



# SUNSMART POLICY

## CHILD SAFE STATEMENT

At Mornington Secondary College we hold the care, safety and wellbeing of children and young people as a central and fundamental expectation of our college. Mornington Secondary College is committed to protecting students from abuse or harm while at school and in our care. Mornington Secondary College's Child Safety Code of Conduct is consistent with the Education Department's recommendation.

<http://www.education.vic.gov.au/about/programs/health/protect/Pages/childsafestandards.aspx>

## PURPOSE

The purpose of this policy is to encourage behaviours at Mornington Secondary College that reflect a healthy UV exposure balance, ensuring some sun exposure for vitamin D while minimising the risk of 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 September – April) and allow sun exposure when UV levels are below 3 (generally May – August)
- 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.

## SCOPE

This policy applies to all school activities, including camps and excursions. It is applicable to all students and staff.

## POLICY

A balance of sun exposure is important for health. Excessive exposure to the sun can cause health problems including sunburn, dehydration, damage to skin and eyes, and an increased risk of skin cancer.

Too little UV exposure from the sun can lead to low Vitamin D levels. Vitamin D is essential for healthy muscles and bones, and overall health.



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 September - April)
- peaks during school hours

A combination of sun protection measures should be put in place from September to the end of April, and whenever UV levels reach 3 and above.

Mornington Secondary College **has** the following measures in place to help reduce the risk of excessive UV sun exposure for staff and students.

## Shade

Mornington Secondary College will provide for sufficient options for shelter and trees to provide shade on school grounds, particularly in places such as:

- where students congregate for lunch
- the canteen
- outdoor lesson areas
- assembly areas
- sporting grounds/pools.

When building works or grounds maintenance is conducted at Mornington Secondary College that may impact on the level of 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

Mornington Secondary College's school uniform and dress code includes sun-protective clothing, including:

- a loose fitting close-weave cotton or cotton/polyester blend shirt with just above elbow length sleeves and a collar that fits close to the neck, above the collarbone for both standard uniform and sports uniform.
- All items of summer uniform, shirts, shorts, hat and summer dress, as well as the sports uniform have a UPF (Ultraviolet Protective Factor) of between 20-30+.
- The summer dress includes knee length (or just above the knee) skirts and shorts as well as full length pants for standard uniform and mid-thigh length shorts for sports uniform.
- Students will be encouraged to wear a swim (*rash*) top for outdoors swimming sports. This will be included on excursion notices.



## Hats

- All students and staff are encouraged to wear school approved hats or similar that shade their face, neck and ears when outside during terms 1 and 4. This is to be included in student planners, uniform policy and student handbooks.
- Staff will be encouraged to wear and role model broad-brimmed hats that shade their face, neck and ears during all outdoor activities, including yard duty.
- Hats and umbrellas will be made available to staff via the office.
- Hats are available from the school uniform shop.
- Parents and guests will be advised to wear broad-brimmed, legionnaire or bucket style hats when attending outdoor or other school activities, such as camps, excursions and sport events.
- Staff are encouraged to wear close fitting, wrap-around sunglasses (AS 1067) – Categories 2, 3 or 4 when outside.

## Sunscreen

Mornington Secondary College encourages all staff and students to apply SPF 30+ (or higher) broad-spectrum, water-resistant sunscreen daily at a minimum from September to the end of April, and whenever UV levels reach 3 and above.

- Broad spectrum SPF 30+ water resistant sunscreen are included on each student's booklist and should be brought to school, as well as being readily available in coordinator's offices, the first aid room, on excursions and camps and in first aid kits for use by both students and staff.
- Staff will encourage the use of sunscreen by students and will be encouraged to model sunscreen use themselves.
- Information about sunscreen and the correct use of sunscreen will be displayed throughout the college and will be provided to the community via the school newsletter in terms 1 and 4

## Curriculum

Students at our school are encouraged to make healthy choices, and are supported to understand the benefits and risks of sun exposure.

The college will review the Health and Physical Education curriculum in the college, in consultation with curriculum leaders, with the aim of incorporating sun protection in the teaching and learning programs at all year levels.

All Health and PE staff will be required to complete the e-learning modules on [www.generationsunsmart.com](http://www.generationsunsmart.com).



## FURTHER INFORMATION AND RESOURCES

- School Policy Advisory Guide:
  - [Sun and UV Protection Policy](#)
  - [Duty of care](#)
- [SunSmart](#)
- [Achievement Program](#)'s SunSmart policy

## REVIEW CYCLE

This policy ratified by council on 14<sup>th</sup> August, 2018 and is scheduled for review in March, 2022.