

TRAFALGAR HIGH SCHOOL

SUN SMART POLICY



Rationale

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 skin cancer. Sun exposure early in life is a major factor in determining future skin cancer risk. 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.

Purpose

This SunSmart Policy has been developed to:

- Encourage the entire school community to use a combination of sun protection measures whenever UV Index levels reach 3 and above. This would be communicated via a Compass generated email.
- Work towards a safe school environment that provides shade for students, staff and the school community when the UV Index reaches 3 and above.
- Assist students to be responsible for their own sun protection.
- Ensure that families and all staff are informed of the school's SunSmart policy.

Staff are encouraged to access the SunSmart UV Alert at sunsmart.com.au to find out daily local sun protection times to assist with the implementation of this policy.

1. Shade

- As part of OH&S processes a shade audit is conducted annually to determine the availability and quality of shade on the school grounds.
The school attempts to ensure sufficient number of shelters and trees providing shade particularly in areas where students congregate e.g. lunch areas, cafeteria, outdoor lesson areas and popular recreation areas.
- In consultation with the school community, shade provision is considered in plans for future buildings and grounds.
- Students are encouraged to use available areas of shade when outside.

2. Clothing and Hats

- Sun protective clothing is included in the school uniform and sports uniform. . During Physical Education, students are to wear sunscreen and bucket style hats. PE staff will also wear hats during outdoor activity during terms 1 and 4. All teachers in the school model the SunSmart strategies.
- The school uniform shop has hats for purchase. Students are educated by Health and Physical Education staff to wear hats in Physical Education classes.
- Students are to wear hats when outdoors for all learning areas during terms 1 and 4.
- Staff are to wear hats on yard duty during terms 1 and 4.

3. Sunscreen

- The school provides the Health and Physical Education learning area with sunscreen for use in their programs. Health and Physical Education teachers model correct SunSmart strategies and insist students apply sunscreen.
- Strategies are in place to remind students to apply sunscreen before going outdoors in other learning areas.
- Sunscreen is included in the booklist as a compulsory item. The expectation is for students to bring to and apply prior to outdoor classes.
- Sunscreen is available from co-ordinators offices and with PE staff.

4. Excursions

Integrity ~ Collaboration ~ Aspiration ~ Excellence

- Letters to parents/guardians informs them that sun protection is required for an excursion (where appropriate) and if students need to supply their own protection.
- The availability of shade is considered when planning excursions or outdoor activities.
- Sunscreen is housed in the Sick Bay and is the responsibility of the teacher-in-charge of excursion to ensure supply is current and available.

5. Health and Physical Education Programming

- All Physical Education teachers encourage students apply sunscreen when in the swimming pool and when in their judgement conditions in the sun are likely to be harmful. Rash vests are strongly encouraged.
- Health and Physical Education programs are structured so that during the months of November – April, students do physical activity in shaded areas or inside.

6. Medications

- Some medications render students sun sensitive (eg. Roaccutane, Doxycycline, Metronidazole). Parents are asked to inform the school if a student is on sun sensitive medication so it can be included on excursion medical records and Compass

This policy was ratified by the Trafalgar High School Council on: October 25th 2017

Signed: 
Principal

Signed: 
School Council President