



Secondary School

A SunSmart policy

Marsden High School

Rationale

This SunSmart Plan/Policy has been developed to ensure that all students and workers (ie teachers, staff and volunteers) of Marsden High School 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 school community to achieve a healthy UV balance.
- Encourage the entire school 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 appropriate areas of the school curriculum in all year levels,

Uniform/clothing

Whenever UV levels are 3 or above:

- Students are actively encouraged to wear broad-brimmed, bucket hats whenever they are outside.
- The summer uniform includes a shirt with at least elbow length sleeves and a collar.
- Longer style skirts/shorts/pants at least to the knee are also included.
- Workers are encouraged to wear broad-brimmed or bucket hats (or alternatively use a parasol/umbrella) for all outdoor activities, including yard duty.
- Parents should also be encouraged to wear broad-brimmed or bucket hats (or alternatively use a parasol/umbrella) when participating in and attending outdoor school activities.
- The school 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 SPF30 (or higher) broad-spectrum, water-resistant sunscreen regularly eg. prior to school, before lunch, PE lessons, sport, excursions, etc.
- With appropriate consultation, 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 or bucket hats for sport and physical education.
- The school sport uniform 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 Ed teachers will be required to wear a broad brimmed or bucket style hat, and sensible clothing that covers skin, ie at least elbow length sleeves and knee length shorts, or preferably long pants.

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 Eg permanent and portable structures, and access to trees etc,

Shade

Whenever UV levels are 3 or above:

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

Vitamin D

- When UV levels fall below 3, sun protection is not generally required unless near highly reflective surfaces such as snow or outside for extended periods.

Occupational Safety and Health

Whenever UV levels are 3 or above:

- As part of OHS UV risk controls and role modelling, all workers are required to use a combination of sun protection measures (sun protective clothing, broad brimmed hats, sunglasses, sunscreen and shade) when outside.



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General awareness and reminders

- The school actively promotes a positive culture around sun protection. ie Via school newsletters, notice boards, assembly announcements and school 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.GenerationSunSmart.com