



Nunawading Christian College Primary

Sun-Smart UV Policy

Document Control

Revision Number	Implementation Date	Review Date	Description of Changes	Prepared By	Approved By
				Ben Thomas	School Council
001	March 2017	2020	Adapted for NCC Primary	NCCP Admin	School Council

Rationale

Australia has one of the highest rates of skin cancer in the world, with two in three Australians developing some form of skin cancer before age 70. Melanoma is the most common cancer in young Australians aged 13-24 years. Yet skin cancer is largely preventable and the use of sun protection measures at appropriate times of the year can help to reduce staff and students' future skin cancer risk.

The sun's ultraviolet (UV) radiation is the major cause of skin cancer and the best natural source of vitamin D, which is needed for strong bones and overall health. In Victoria, it is important to take a balanced UV approach to reduce the risk of skin cancer, while ensuring some sun exposure for vitamin D.

Given school hours fall within peak UV periods of the day, this comprehensive policy will assist Nunawading Christian College Primary to adopt healthy UV practices.

Implementation

Where applicable, staff at Nunawading Christian College Primary are encouraged to access the daily sun protection times to assist with the implementation of this policy.

CLOTHING

Sun-protective clothing is included in our school uniform/dress code and sports uniform in the following ways:

- The summer uniform/dress code includes a shirt with at least elbow-length sleeves and a collar that sits close to the neck, above the collarbone.
- The summer uniform/dress code includes longer-style skirts/shorts/pants at least to the knee.
- The sport uniform/dress code includes a shirt that covers the shoulders well and a collar that sits close to the neck, above the collarbone.
- Students and staff are required to wear hats whenever they are outside. During sports classes, baseball caps are worn where a bucket hat may be impractical.
- The sport uniform/dress code includes longer-style skirts/shorts/pants at least to the mid-thigh.
- Rash vests or T-shirts are recommended for outdoor swimming, when students are waiting to compete.
- 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.

SUNSCREEN

- SPF30 (or higher) broad-spectrum, water-resistant sunscreen is available for staff and students to use.
- Students are encouraged to bring their own sunscreen to school.
- Staff encourage students to use sunscreen and provide time for students to apply sunscreen before going outside.
- The school community is educated about the correct use of sunscreen and the level of protection it provides (apply 20 minutes before going outside and reapply every 2 hours).

SCHEDULING

This policy is considered in the planning of all outdoor events such as assemblies, camps, excursions and sporting events.

Where possible, outdoor activities/events will be scheduled earlier in the morning or later in the afternoon. Alternatively, shaded or indoor venues will be considered.

ROLE MODELLING

Staff at Nunawading Christian College Primary are encouraged to act as role models by using a combination of sun protection measures (sun-protective clothing and hats, sunglasses, sunscreen and shade) when outside.

Families and visitors are encouraged to use a combination of sun protection measures (sun-protective clothing and hats, sunglasses, sunscreen and shade) when participating in and attending outdoor school activities.

SHADE

- Shaded areas are available to students. Trees, verandas, and access to the library means students are able to seek out shade during lunchtimes. Sports coaches encourage students to seek out shade between games.
- Shade provision is considered in plans for future buildings and grounds.
- Processes for the planning of outdoor activities and excursions include the consideration of shade.
- Students are encouraged to use shade when outside, particularly if they are not wearing appropriate hats or clothing.

CURRICULUM

- Staff are supported to access resources, tools and professional learning to enhance their knowledge and capacity to promote sun protection and healthy UV balance education across the curriculum.
- SunSmart primary school curriculum materials are incorporated into appropriate areas of the curriculum.
- Students are encouraged to be involved in initiatives to promote and model sun protection measures to the whole school community.
- Sun-protective behaviour is regularly reinforced and promoted to the whole school community through a variety of channels such as regular PA announcements encouraging students to apply sunscreen when at sports events, newsletters, staff meetings and school assemblies.

STAFF WH&S

From a workplace perspective, primary schools must ensure, so far as reasonably practicable, that staff are protected from direct UV exposure when outdoors during peak UV periods. Staff members must also take reasonable care for their own health and safety by complying with reasonable instructions given by the Principal, and co-operating with reasonable policies or procedures relating to health and safety in the school environment.

- SunSmart education is included in staff training to enable staff to work safely outdoors and to encourage them to be positive role models.
- SunSmart information should be included in staff handbook/orientation materials. New staff are directed to be read the the school's UV policy on the school website.

SCHOOL COMMUNITY

- Nunawading Christian College Primary aims to Increase student and whole-school awareness of skin cancer and other damage caused by exposure to UV radiation.
- Ensure that families and new staff are informed of the school's UV policy.
- Encourage the whole school community, including families and visitors to use a combination of sun protection measures (sun-protective clothing and hats, sunglasses, sunscreen and shade) when participating in and attending outdoor school activities.

VITAMIN D

- Vitamin D is a hormone that controls calcium levels in the blood. It is needed for healthy bones, muscles and general health. Vitamin D forms when skin is exposed to UV from the sun.

- From May to August in Victoria, average UV levels are below 3, so sun protection is not recommended during these months unless in alpine regions, near highly reflective surfaces such as snow or outdoors for extended periods.
- Sun protection measures are not implemented from May to August.
- From May to August, staff and students are encouraged to maintain a healthy UV exposure balance. To generate vitamin D during winter, it is recommended that people be outdoors each day, in the middle of the day, with some skin uncovered.
- Being physically active while outdoors will further assist with vitamin D levels.

Exceptions

- Due to higher UV levels in alpine areas, a combination of sun protection measures are used on snow excursions and ski camps.
- Staff who work outdoors (Grounds staff, PE staff) have prolonged periods of sun exposure and therefore it is unlikely that vitamin D deficiency is an issue for this professional group. Outdoor workers are required to use a combination of sun protection measures throughout the year regardless of UV levels, as they have an increased risk of skin cancer.
- Students with diagnosed vitamin D deficiencies are exempt from the school's requirement of wearing a hat at lunchtime and during sports from September to April.
- Students who wear head covering as part of their religious practice are exempt from wearing the school hat, but are encouraged to maintain sunscreen use.

SOURCE

Policy adapted from:

<http://www.sunsmart.com.au/downloads/communities/secondary-school/SunSmart-Online-Policy-Form.pdf>

SECONDARY REFERENCES (as cited above)

- Healthy Together Victoria Achievement Program for Secondary Schools - Sun Protection Benchmarks <http://www.achievementprogram.healthytogether.vic.gov.au/schools>
- Victorian Department of Health and Human Services School Shade Grants Program <https://www2.health.vic.gov.au/public-health/preventive-health/skin-cancer-prevention/school-shade-grants>
- Victorian Department of Education and Training's School Policy and Advisory Guide Sun and UV Protection chapter

<http://www.education.vic.gov.au/school/principals/spag/health/Pages/sun.aspx>

- Victorian Department of Education and Training's The Compact: Roles and Responsibilities in School Education

<http://www.education.vic.gov.au/school/principals/management/Pages/compact.aspx>

- Australian Radiation Protection and Nuclear Safety Agency (ARPANSA) Radiation Protection Standard for Occupational Exposure to Ultraviolet Radiation
<http://www.arpansa.gov.au/publications/codes/rps12.cfm>
- Occupational Health and Safety Act 2004
[http://www.legislation.vic.gov.au/domino/web_notes/ldms/pubstatbook.nsf/f932b66241ecf1b7ca256e92000e23be/750e0d9e0b2b387fca256f71001fa7be/\\$le/04-107a.pdf](http://www.legislation.vic.gov.au/domino/web_notes/ldms/pubstatbook.nsf/f932b66241ecf1b7ca256e92000e23be/750e0d9e0b2b387fca256f71001fa7be/$le/04-107a.pdf)
- Safe Work Australia: Guidance Note for the Protection of Workers from the Ultraviolet Radiation in Sunlight 2008
<http://www.safeworkaustralia.gov.au/sites/swa/about/publications/pages/gn2008protectionfromultravioletradiation>