



ELTHAM HIGH SCHOOL

POLICY DOCUMENT

Sunsmart

INTRODUCTION

Excessive exposure to the sun's ultraviolet (UV) radiation can cause health problems including sunburn, damage to skin and eyes, and an increased risk of skin cancer.

UV radiation:

- cannot be seen or felt
- can be reflected off surfaces such as buildings, asphalt, concrete, water, sand and snow
- can pass through clouds
- varies in intensity throughout the year (higher in Victoria from mid-August – end of April)
- peaks during school hours

PHILOSOPHY

Sun safety is a shared responsibility and staff, parents and students are encouraged to implement a combination of sun protection measures whenever UV levels reach 3 and above (typically from mid-August to the end of April in Victoria). Information about the daily local sun protection times is available via the free SunSmart app, or at sunsmart.com.au or bom.gov.au.

POLICY STATEMENT

The purpose of this policy is to encourage behavioural patterns at Eltham High School that help minimise the risk of skin and eye damage and 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 mid-August – end of April),
- 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 that 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 in relation to minimising harmful UV exposure and associated harm for both students and staff.

GUIDELINES FOR IMPLEMENTING THE POLICY

Eltham High School has the following measures in place to help reduce the risk of excessive UV sun exposure for staff and students.

Shade

Eltham High School prioritises the development of shelter and trees to provide shade on school grounds, particularly in places:

- where students congregate for lunch
- the canteen
- popular play areas, and
- sporting grounds.

When building works or grounds maintenance are undertaken at Eltham High School that may impact on the level of shading available to staff and students, a review of the shaded areas currently available will be conducted and

further shading installed as appropriate. The same applies to new building projects – a revision of the level of shading will be considered during the course of the building projects.

Dress Code and Sun Protection

Eltham High School does not have a uniform. The school's Dress Code policy outlines expectations for students for appropriate clothing for a school environment. The specific aspects of this policy that relate to sun protection relate to the guidelines outlining that brief clothing is not appropriate for school – this includes singlets, short skirts and shorts and exposed mid-riffs. The policy can be accessed at [Dress Code policy](#).

In Sport and PE classes students are expected to wear the school's sports uniform (Year 7) or change into appropriate sporting wear for classes. Teachers will remind students about the importance of being SunSmart, including encouraging students to wear hats.

As we are a secondary school, we expect students to take responsibility for being SunSmart by wearing a hat during outdoor activities or staying in the shade, if they are not wearing sunscreen.

Sunscreen

Eltham High School encourages all staff and students to apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen daily whenever UV levels reach 3 and above. Sunscreen should be applied at least 20 minutes before going outdoors, and reapplied every two hours according to [manufacturer's instructions](#).

Eltham High School has strategies in place to remind students to apply sunscreen before going outdoors. Students are welcomed and encouraged to attend the sub-school offices or First Aid area to access sunscreen. In addition sunscreen will be available at the PE office for students to access prior to outdoor Sport and PE classes. Staff and students who may suffer from allergic reactions from certain types of sunscreen are encouraged to contact the First Aid Officer to implement a management plan to reduce the risk of an allergic reaction at school.

Staff and families should role model SunSmart behaviour and are encouraged to apply SPF 30 (or higher) broad-spectrum, water-resistant sunscreen whenever outside.

On days where members of the school community are outside for extended periods of time such as Swimming Sports and Camps/ Excursions, when UV levels reach 3 and above, students and staff are provided access to and ongoing reminders about the importance of using and reapplying sunscreen.

Sunglasses

Where practical Eltham High School encourages students and staff engaged in outdoor activities 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

Students at Eltham High School are encouraged to make healthy choices, and are supported to understand the benefits and risks of sun exposure. The school addresses sun and UV safety education as part of the Year 8 Health program.

Staff are encouraged to access resources, tools, and professional learning to enhance their knowledge and capacity to promote sun smart behaviour across the school community.

Engaging students, staff and families

SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, staff meetings, student and teacher activities and at student enrolment/new staff orientation events.

BASIS OF DISCRETION

The School Council has responsibility for the establishment, evaluation and review of school policies. The School Principal has the responsibility to ensure that school policies are implemented effectively.

As this is a Department of Education policy, minor changes to the policy (changes that will not affect the spirit of the policy) may be made at the discretion of the Principal.

The Policy Review and Evaluation process will recommend any major changes to the policy to School Council.

RELATED POLICIES

- The Department's Policy Advisory Library:
 - [Sun and UV Protection Policy](#)
 - [Duty of care](#)
- [SunSmart](#)

Eltham High School policies

Dress Code - <https://www.elthamhs.vic.edu.au/documents/Information%20and%20Help/Policies/policieslist.php>

REVIEW

This policy should be reviewed every 3 years.

Date Endorsed: 01/09/21

Executive Officer

Eltham High School Council

CONSULTATION PROCESS AND WORKING PARTY INFORMATION:

This policy was written by:

Fran Mullins

Consultation has taken place with the relevant group(s) in the following list:

Group	Consultation
	✓
School Operations Committee	✓
Staff	Sport/ PE staff
Students (randomly selected group)	
Parents (randomly selected group)	
Members of the Community	
Other (where relevant please specify)	
Planning and Policy Review Team of Council	
School Council	

PROCESS FOR POLICY DEVELOPMENT AND REVIEW

The Policy is developed or reviewed by the Policy Writer or Policy Writing Team using the agreed "Policy Template"

The policy is presented to the Planning and Policy Review Team

Relevant groups are consulted in relation to the policy by the Policy Writer / Policy Writing Team

Feedback is addresses by the Policy Writer /Policy Writing Team

The policy is re-presented to the Planning and Policy Review Team

Approved

The policy is presented to the School Council for endorsement

The policy is endorsed by the School Council

Further Clarification

Additional Feedback

Re-presented

