

Preamble

The John Paul College mission statement speaks of the commitment of all members of the community to recognising the essential dignity of the person and of the need for all to experience the 'fullness of life' promised in John 10:10.

Rationale

A healthy balance of the sun's ultraviolet (UV) radiation exposure is important for health. Too much UV from the sun can cause sunburn, skin damage, eye damage and skin cancer. Australia has one of the highest rates of skin cancer in the world. Two in three Australians will develop some form of skin cancer before they reach the age of 70. Overexposure to UV during childhood and adolescence is known to be a major cause of skin cancer. Sun protection is needed whenever UV levels reach three and above. In Victoria average UV levels are three and above from the beginning of September to the end of April. During these months particular care should be taken during the middle of the day between 10am – 3pm when UV levels reach their peak. Too little UV from the sun can lead to low vitamin D levels. Vitamin D regulates calcium levels in the blood. It is also necessary for the development and maintenance of healthy bones, muscles and teeth. From May to August in Victoria, average UV levels are below three so sun protection is not usually needed during these months unless in alpine regions or near highly reflective surfaces such as snow or water.

Objectives

The objectives of this Sun Protection policy are to:

- Ensure that all students and staff maintain a healthy UV exposure balance.
- Encourage the entire school community to use a combination of sun protection measures whenever UV Index levels reach 3 and above.
- Encourage safe UV exposure whenever UV Index levels are below 3.
- Work towards a safe school environment that provides shade for students, staff and the school community at appropriate times.
- Assist students to be responsible for their own sun protection.
- Ensure that families and new staff are informed of the school's UV Policy.

From September to April in Victoria

When average UV Index levels reach 3 and above.

Shade

- The College ensures shade is available in the school grounds particularly in areas where students congregate – for example, lunch areas, canteen, and outdoor lesson areas.
- The College ensures 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.

Clothing, hats and sunglasses

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

- The summer uniform includes longer style skirts/shorts/pants at least to the knee.
- The sport uniform includes a shirt that covers the shoulders well and a collar that sits close to the neck, above the collarbone.
- The sport uniform includes longer style skirts/shorts/pants at least to the mid thigh.
- Rash vests or t-shirts are compulsory for outdoor swimming, when students are waiting to compete.
- The College encourages and supports the wearing of sun protection caps and hats.

Sunscreen

- SPF 30+ broad spectrum, water resistant sunscreen is available for staff and students' use and 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.
- With appropriate consultation, students with naturally very dark skin are not required to wear sunscreen.
- The school community is educated about the correct use of sunscreen and the level of protection it provides.

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, or indoor venues will be considered.

Role modelling

- Staff 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.

From May to August in Victoria

When average UV Index levels are below 3.

- To help maintain winter vitamin D levels, sun protection measures are not used from May until August unless the UV Index level reaches 3 and above.
- Sun protection measures are only required when in alpine regions or near highly reflective surfaces such as snow or water.

Curriculum

- Educational programs on skin cancer prevention and maintaining vitamin D levels are incorporated into appropriate areas of the school curriculum.
- Students are encouraged to be involved in initiatives to promote and appropriate UV exposure measures to the whole school community.
- Appropriate UV exposure measures are regularly reinforced and promoted to the whole school community through a variety of channels such as newsletters, staff meetings and school assemblies.

Professional development for staff

- Appropriate UV exposure measures are included in staff training to enable staff to work safely outdoors and to encourage them to be positive role models.
- Appropriate UV exposure measures are included in staff booklets.
- New staff are provided with a copy of this policy.

Review of policy

- The College Board, staff and student leaders regularly monitor and review the effectiveness of the Sun Protection policy (at least every three years) and revise the policy when required.

Relevant Documents / Links

1. Victorian Government Schools Reference Guide: 4.5.11 Skin protection
2. Building Quality Standards Handbook: Section 7.5.5 Shade Areas
3. Occupational Health and Safety Act 2004
4. Safe Work Australia: Guidance Note for the Protection of Workers from the Ultraviolet Radiation in Sunlight
5. SunSmart www.sunsmart.com.au

Policy ratified by College Board: 24 August 2017

Next review date: 2020

Person responsible: Policy Review Committee