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# Sunsmart Policy

## **BASIC BELIEFS**

Yarrowonga Secondary College is committed to ensuring that all students and staff are protected from over-exposure to the harmful ultraviolet rays of the sun. Australia has the highest rate of skin cancer in the world and it is estimated that more than 75% of all skin cancers could be prevented by practising sun protection in early childhood and adolescence.

YSC will ensure that our sun protection practices are applied to all school activities from September 1<sup>st</sup> until April 30<sup>th</sup>.

## **AIMS**

- Increase student and whole school awareness of skin cancer and other damage caused by exposure to UV radiation
- Assist students and staff to develop strategies that encourage responsible decision making about skin protection.
- To work towards a safe school environment that provides shade for all members of the school community.
- To encourage all members of the school community to use a combination of sun protection measures whenever UV Index levels reach 3 and above.
- To ensure that parents and new staff are informed of the school's Sunsmart policy.

## **GUIDELINES FOR ACTION**

- The summer uniform includes a shirt with at least elbow length sleeves and a collar that sits close to the neck, above the collarbone; as well as longer style shorts and dresses.
- The sports uniform includes a shirt with at least elbow length sleeves and a collar that sits close to the neck, above the collarbone, as well as longer style sports shorts.
- Staff and students are required to wear the College bucket style hat whenever they are outside during September 1<sup>st</sup> until April 30<sup>th</sup>. During sport classes, baseball caps are permitted where a bucket hat is impractical.
- SPF 30+ broad spectrum sunscreen is available for staff and student use. This is available in the Physical Education / Sport area as well as the general office.
- Suitable hats, clothing and sunscreen are required for all camps and excursions and will be clearly stated on permission forms.
- Staff are to model appropriate sun smart practices when outside (sun protective clothing & hats, sunglasses, sunscreen and shade).
- All assemblies will be held indoors or in shade when UV index levels are high.
- Outdoor activities (particularly PE & Sport) will maximise the use of indoor and shade areas where possible, as well as consideration given to scheduling of classes outside the high risk UV times (11am – 3pm).
- Sun protection and educational programs will be incorporated into health lessons and other appropriate areas of the curriculum.
- Sun protective behaviour will be regularly reinforced throughout the year via the school newsletter, assemblies, daily messages, parent and staff meetings and whole school activities.
- YSC will ensure that adequate shade areas are provided within the school grounds and that sun protection is considered in plans for future buildings. Shade areas have been established for the canteen and lunch areas, as well as outdoor learning areas, and this will continue to be a priority for the College.
- Students who do not have their bucket hat at school on a particular day will be required to stay in the undercover areas for recess and lunchtime.