



SunSmart Policy – Mitcham Campus (Junior School)

Guiding Principles:

- Focusing on the health and safety of staff, students and families, Scotch is a member of the National SunSmart Schools program which is reviewed every three years.
- At school, Scotch seeks to maintain the balance between sun protection to minimise skin cancer risk, and sun exposure for vitamin D production.
- The Junior School uses a combination of sun protection measures during daily local sun protection times in Terms 1, 3 and 4, and encourages students to develop independent sun protection skills and to be responsible for their own sun protection.
- Sun protective clothing is included as part of the school and sports uniforms / and staff dress code (eg. cool, loose fitting clothing made of densely woven fabric, shirts with collars, rash vests, hats etc).

Implementation:

The following practices are required during Terms 1, 3 and 4. If the school has an all-day activity in May, staff and students are encouraged to check the UV three days in advance, via the Bureau of Meteorology website, and implement sun protection if the UV is predicted to be 3 and above. When the UV is below 3 in Term 2, sun protection is not necessary to support vitamin D production. The school community is encouraged to access the daily sun protection times, via the SunSmart app or the Bureau of Meteorology website, to assist with the implementation of this policy.

- All students are required to wear a College broad-brimmed legionnaire or bucket hat during Terms 1, 3 and 4. This includes recess and lunch breaks and whilst undertaking PE lessons, sport training or matches. At other times, the daily local sun protection times are checked, and staff advised, if UV levels are predicted to reach 3 or above.
- Students who do not have a hat are required to play in covered areas (under classroom verandahs, covered walkways etc).
- The school supplies SPF30 broad-spectrum, water resistant sunscreen for staff and student use, which is available in all classrooms, administrative areas and Health Centre. Students are actively encouraged to apply sunscreen approximately 20 minutes before going outdoors and reapply every 2 hours when outdoors, when the UV is 3 or above.
- Staff are required (and parents are encouraged) to model appropriate SunSmart behaviours (wearing hats, appropriate clothing, sunscreen, sunglasses and seeking shade) whilst on yard duty, during PE or outdoor education lessons, on camps or excursions etc.



- When the temperature is forecast to be above 35 degrees celcius, students play inside or in covered areas during break times.

School Environment:

- The availability of shade is considered when planning outdoor activities and events.
- Where possible, outdoor activities are scheduled outside of the peak UV times of the day (earlier in the morning) or are conducted under shade or indoors where possible.
- Scotch College regularly conducts shade audits to determine the availability and quality of shade at the school.
- Students are encouraged to seek shade during break times.

Expectations on excursions/camps:

- Risk assessments for all excursions and camps include sun exposure as an identified hazard and detail measures to mitigate the risk (ie wearing of appropriate clothing and footwear, sunscreen, hats, seeking shade etc.)
- If undertaking an outdoor excursion during daily local sun protection times, all students must wear appropriate hats, clothing, apply sunscreen prior to departure and during the excursion, if appropriate.
- Camp Checklists and What to Bring lists include requirements for appropriate protective clothing, hats, sunscreen, sunglasses if practical.
- Camp supervisors take sunscreen as part of Camp resources and monitor students to ensure hats are worn and sunscreen applied regularly for outdoor and aquatic activities.

Engagement, Learning and Skills:

- Programs on sun protection and vitamin D form part of the Health/PE curriculum for all year levels.
- Sunsmart behaviour is regularly reinforced and promoted to the whole school community through class newsletters, e-news, parent communications (such as Acquaintance Night booklets, staff handbooks, Parent handbooks), assemblies, in school policies and procedures and staff induction.

Monitoring and Review:

- The Mitcham Campus leadership team regularly monitor and review the effectiveness of the SunSmart policy (at least one every three years) and revise the policy when completing a policy review and membership renewal with SunSmart.
- Next review scheduled for August 2018.



References:

www.bom.gov.au/sa/uv

www.sunsmart.org.au

www.sunsmart.com.au/shade-audit

www.cancersa.org.au/sunsmart-apps

www.generationsunsmart.com.au