



# MENTONE GIRLS' SECONDARY COLLEGE

## SunSmart Policy

### Rationale

Australia has the highest rate of skin cancer in the world. It is estimated that more than 75% of all skin cancers could be prevented by practising sun protection in early childhood and adolescence.

This SunSmart Policy has been developed to ensure that all students and staff attending Mentone Girls' Secondary College are protected from over-exposure to the harmful UV radiation from the sun. It documents our comprehensive sun protection practices. These practices will be applied to all school activities including sports carnivals, excursions and camps. The policy is to be implemented from September to April, when UV radiation is strongest.

### Objectives

The goals of the SunSmart Policy are to:

- (a) Increase student and community awareness of skin cancer
- (b) Assist students to develop strategies that encourage responsible decision making about skin protection, including not sun baking
- (c) Work towards a safe school environment that provides shade for students and staff
- (d) Encourage students, parents, teachers and staff to wear protective clothing, sunglasses, hats and sunscreen during high risk times such as lunch times, sports, excursions and camps
- (e) Ensure that parents are informed of the school's SunSmart policy

### Implementation

#### Curriculum

- Sun protection and skin cancer awareness programs are incorporated into the Health and Physical Education areas of the school curriculum.

#### Uniforms / Clothing

- Students are actively encouraged to wear broad-brimmed hats whenever they are outside, but particularly for organised outdoor activities such as sports carnivals.
- Staff are actively encouraged to wear broad-brimmed hats for all outdoor activities, including yard duty.
- Parents are encouraged to wear broad-brimmed hats when participating in and attending outdoor school activities.

#### Sunscreen use

- Students and staff are actively encouraged to apply SPF 30+ broad-spectrum water-resistant sunscreen regularly eg. Prior to school, before lunch, PE lessons, sport, excursions etc.
- Sunscreen is available from the gymnasium, sub-school offices and first aid.

#### Sport and Physical Education

- Hat wearing is strongly encouraged where practical, for sport and physical education.
- Sports uniform items are sun protective eg. Shirts with collars.
- The use of indoor and shade facilities will be maximised.

#### Camps and excursions

- Broad-brimmed hats, sunglasses sun protective clothing and sunscreen are included on the items list for all camps and excursions.

#### Shade

- The school is working towards increasing and/or maintaining shade in its grounds, particularly in areas where students congregate eg. Lunch, canteen, outdoor lesson areas.
- Students and staff are actively encouraged to use the shaded areas.

#### Occupational Health and Safety

- Consideration is given to sun protection for all teachers/staff involved in outdoor activities, including yard duty. Physical education and sport education teachers are strongly encouraged to take appropriate sun protection measures as they are particularly at risk from UV radiation.

#### Reinforcement/promotion of SunSmart message

- Students will be actively involved in initiatives to protect the school community from over-exposure to the sun.
- Sun protection will be promoted throughout the year via the school newsletter, assemblies, student and staff bulletins, parent and staff meetings and whole school activities.

## **Monitoring**

**This policy will be monitored by the Student Environment Committee (Sub Committee of School Council) and the Student Representative Council who will ensure:**

1. All new staff are briefed on the SunSmart policy.
2. The SunSmart policy is included as an agenda item at the start of the year and again in September each year.
3. The SunSmart policy is presented at the first School Council meeting and Parents and Friends Association meeting each year.
4. A SunSmart promotion is included in the student record book each year.
5. SunSmart practices are promoted regularly from the beginning of September through to the end of April. eg Guest speakers, SRC.
6. The Anti-Cancer Council of Victoria is contacted annually to ensure that up-to-date information is maintained on SunSmart resources and policy guidelines.

## **Evaluation**

**The Student Environment Committee (Sub Committee of School Council) in collaboration with the Student Representative Council will review the effectiveness of this policy each year. They will:**

1. Review the SunSmart behaviour of students, staff, parents and visiting guests.
2. Assess shade provision and usage and make recommendations.
3. Check plans for future buildings and grounds with regards to shade provision (in consultation with the School Council).
4. Evaluate and update the sun protection and skin cancer prevention component of the curriculum (in collaboration with the health and physical education staff) .