



WINDAROO VALLEY STATE HIGH SCHOOL

SUN SAFE POLICY

Rationale

This Sun Smart Plan/Policy has been developed to ensure that all students and workers (i.e. teachers, staff and volunteers) of Windaroo Valley State High School maintain a healthy UV exposure balance which minimises the risk of skin cancer with appropriate sun protection measures, yet ensures some daily sun exposure for Vitamin D requirements.

Objective

1. Assist the school community to achieve a healthy UV balance
2. Encourage the entire school community to use a combination of sun protection measures.

Implementation

Curriculum

- Mandatory Sun Safety Education included in Year 7-9 HPE Program. Senior Physical education and HPE and Community Studies all contain units of study on health promotion which included sun safety.
- Senior student leaders are required to promote and role model sun safe behaviours to younger students.
- Teachers and staff required to model sun safety behaviours such as wearing of hats and applying of sunscreen.

Uniform/Clothing

- Students are actively encouraged to wear broad-brimmed or bucket hats whenever they are outside.
- Longer style skirts/shorts/pants at least to the knee are also included.
- Staff are required to wear hats (or alternatively use a parasol/umbrella) for all outdoor activities including yard duty.
- Windaroo Valley SHS supports staff and students who choose to wear sunglasses. A close fitting wrap around style that meets AS1067 is recommended.

Sunscreen

- Students and staff are actively encouraged to apply SPF30 or higher broad spectrum, water-resistant sunscreen regularly eg. Prior to school, before lunch, PE Lessons, sport, excursions etc.
- Sunscreen is readily available at various points around the school campus for staff and student use.

Sport and Physical Education

- Students are actively encouraged to wear broad-brimmed or bucket hats for sport and physical education
- The school sport uniform/dress code includes shirts with collars and hat.

- For outdoor swimming carnivals and events, students are encouraged to wear a t-shirt or rash vest.
- HPE course limit sun exposure during summer months – theoretical lessons studied during the summer months with maximum practical lessons run during the cooler months. The use of the Sports Centre where ever possible to limit sun exposure.
- Use of portable shade structures for carnivals and day long events to guarantee sun safety.
- Swimming carnival run at an external venue to ensure that all students are provided shade for the entire day.

Camps and Excursions

- Sun protection is considered in the planning of all camps and excursions.
- Planning of outdoor activities and excursions include the provision of shade areas eg. Permanent and portable structures, and access to trees.

Shade

- Windaroo Valley SHS Council, Board and P&C ensures that shade provision is considered in plans for future buildings and grounds.
- Windaroo Valley SHS Council, Board and P&C ensures that shade is available in the school grounds particularly in areas where students congregate – lunch areas, canteen, outdoor lesson areas.
- Portable shade structures are provided for day long events to ensure adequate shade for the entire duration.
- Swimming carnival conducted at venue which can provide shade for the entire student population.
- Students and staff are actively encouraged to use shade when outside, particularly if they are not wearing appropriate hat or clothing.

Occupational Health and Safety

- As part of OHS UV risk controls and role modelling, all workers are required to use a combination of sun protection measures (sun protective clothing, broad brimmed hats, sunglasses, sunscreen and shade) when outside.

General Awareness and Reminders

- Windaroo Valley State High School actively promotes a positive culture around sun protection i.e. via school newsletters, notice boards, assembly announcements and school website.

Professional Learning

- New staff are provided a copy of this policy as part of their induction.

Tracey Hopper

Principal

Cornel Popa

President of P&C