



Secondary School

A SunSmart Policy

Wavell State High School

Rationale

This SunSmart Plan/Policy has been developed to ensure that all students and workers (ie teachers, staff and volunteers) of Wavell 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.

Objectives

- Assist the school community to achieve a healthy UV balance.
- 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 includes 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.
- Wavell SHS supports staff and students who choose to wear sunglasses. A close fitting wrap around style that meets AS 1067 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 courses limit sun exposure during summer months – theoretical lessons studied during summer with maximum practical lessons run during cooler months. The use of 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 all students are provided shade for entire day
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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.
- Junior Secondary Camps run in autumn and winter to avoid summer sun.

Shade

- Wavell SHS School council and P&C take board ensures shade provision is considered in plans for future buildings and grounds.
- School Council and P&C Association ensures 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 shade for the day.
- 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 Safety and Health

- 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

- Wavell State High School actively promotes a positive culture around sun protection. ie Via school newsletters, notice boards, assembly announcements and school website.
- A SunSmart Web Widget is available on our school website under policies. <http://www.cancer.org.au/preventing-cancer/sun-protection/uv-alert/uv-alert-widget.html>

Professional Learning

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



Jeff Major
Principal
Wavell State High School



Greg Rodgers
President
P&C Association

