

SunSmart schools program application & agreement



SCHOOL'S DETAILS

School:

Contact name: Position:

Address:

Postcode:

Telephone: Fax:

Contact's email address:

General school email address:

School type: Catholic Government Independent Other:

School enrolment: Year levels taught on campus:

Gender composition: Co-ed Boys Girls Date:

Your privacy: Your school contact details will be used to provide you with information and resources relating to Cancer Council Victoria. All school information will be at all times kept private and confidential, and no identifying information will be used for statistical purposes. If you wish to discuss the storage and use of your details, please contact Cancer Council Victoria on 9635 5148, or write to us at 100 Drummond Street, Carlton VIC., 3053

A healthy balance of the sun's ultraviolet radiation (UV) exposure is important for health.

Too much UV from the sun can cause sunburn, skin damage, eye damage and skin cancer. Australia has one of the highest rates of skin cancer in the world. Two in three Australians will develop some form of skin cancer before they are 70. Overexposure to UV during childhood and adolescence is a major cause of skin cancer.

Sun protection is needed whenever UV levels reach three and above. In Victoria average UV levels are three and above from September to the end of April. During these months particular care should be taken between 10am – 3pm when UV levels reach their peak.

Too little UV from the sun can lead to low vitamin D levels. Vitamin D regulates calcium levels in the blood. It is also necessary for the development and maintenance of healthy bones, muscles and teeth. From May to August in Victoria, average UV levels are below three so sun protection isn't usually needed during these months unless in alpine regions, near highly reflective surfaces such as snow or outside for extended periods.



SunSmart schools program application & agreement

SUN PROTECTION MEASURES

1. Does your school refer to the SunSmart UV Alert to find out the times sun protection is needed for the day?
- Yes - Go to question 2 No - Go to question 3
 Don't know what it is -Go to question 3

2. Where do you access SunSmart UV Alert information from?
- Daily newspaper
 SunSmart website > sunsmart.com.au
 Bureau of Meteorology website > www.bom.gov.au/weather/uv/
 Other (please specify) _____

From September to April and when UV levels reach three and above...

3. Is hat wearing enforced or encouraged at your school?
- Yes – enforced Yes - encouraged
 No, neither enforced nor encouraged

4. What type / types of hat do your students wear?
- Broad-brimmed hats Legionnaire hats
 Bucket hats (at least 5 cm brim & a deep crown)
 Other (please specify, e.g. caps) _____

5. During a typical day from September to the end of April, about how many students would be wearing broad brimmed, legionnaire or bucket hats?
- All of the students Most of the students
 Half of the students Some of the students
 Very few of the students

6. What are the consequences for a student not having a hat when outside
- They must remain in the shade - play allowed They must return indoors
 They must wear a hat from a class set of hats No restrictions
 Other (please specify) _____

7. Does your school request that teachers/staff wear broad-brimmed, bucket or legionnaire hats while outside?
- Yes No

8. Does your school encourage families to wear a sun protective hat when participating in or attending school outdoor activities?
- Yes No

9. Are any of the following items included in your dress code / uniform / sports uniform?
- Broad brimmed, legionnaire or bucket hats Shirts with collars
 Shirts with elbow-length sleeves Longer-style shorts/skirts
 Rash vests for outdoor swimming

SunSmart schools program application & agreement

10. *Does your school encourage the use of wrap-around sunglasses that meet Australian Standard 1067 (Sunglasses – Category 2, 3 or 4)?*
- Yes No
11. *What obstacles (if any) would prevent your school from including sunglasses in your policy?*
- Cost Safety
 Practicality of each student having their own pair of sunglasses
 Other (please specify)
12. *What happens at your school regarding the use of SPF 30+ broad spectrum sunscreen?*
- Sunscreen is available to students in all classrooms
 Families are encouraged to supply their children with sunscreen
 Students are encouraged to come to school wearing sunscreen
 Sunscreen is available for student use on specific occasions, e.g. PE, sports days, excursions
 Sunscreen is available at various points around the school, e.g. canteen, PE
 Time is given for the application of sunscreen before recess and the lunch break
 Students are reminded to apply sunscreen before going outdoors
 With parental consent, students with naturally very dark skin (skin that rarely or never burns) are not required to wear sunscreen
 Sunscreen is not supplied
13. *Are any of the following practises in place to minimise time spent in direct sun particularly between 10am - 3pm when UV levels reach their peak?*
- Sport is held in the morning Lunch is eaten inside
 Lunch is eaten in special shaded areas We allow play indoors
 Outdoor assemblies are held earlier in the day, indoors or under shade
 PE / outdoor classes are held earlier in the morning or indoors
 Sports carnivals are held earlier in the morning or at twilight
 Shade is considered when planning outdoor excursions / events
 We have an extended recess and shortened lunch break
 Other (please specify)

ENVIRONMENT

14. *Please describe the available shade at your school.*
- We have shady trees We have some built shade structures
 We have some portable shade structures Shade is not currently a priority area
 We have definite plans to increase shade in next 12 months
 Shade poses funding concerns for our school

From May to August when UV levels are below three

15. *Does your school use sun protection measures from May to August when average UV levels are below three?*
- Yes No

SunSmart schools program application & agreement

CURRICULUM

16. *In what year level(s) is, or will, SunSmart education be incorporated into the curriculum?*
- | | | | |
|------------------------------------|------------------------------------|-----------------------------------|-------------------------------------|
| <input type="checkbox"/> Prep | <input type="checkbox"/> Year One | <input type="checkbox"/> Year Two | <input type="checkbox"/> Year Three |
| <input type="checkbox"/> Year Four | <input type="checkbox"/> Year Five | <input type="checkbox"/> Year Six | <input type="checkbox"/> Other |
17. *How is / will SunSmart education (be) incorporated into your school's curriculum?*
- | | |
|---|--|
| <input type="checkbox"/> Class teachers are responsible | <input type="checkbox"/> Our Health/PE specialist is responsible |
| <input type="checkbox"/> We use school assemblies to encourage sun protection behaviour | |
| <input type="checkbox"/> We have whole school activities such as SunSmart days, tree-planting etc | |
| <input type="checkbox"/> Other (please specify) | |

POLICY

18. *Does your school have a written SunSmart policy?*
- | | |
|---|---|
| <input type="checkbox"/> Yes | <input type="checkbox"/> No (go to question 17) |
| <input type="checkbox"/> No but we are planning one (go to question 17) | |
19. *Who was involved in the development of the policy?*
- | | |
|---|--|
| <input type="checkbox"/> Principal | <input type="checkbox"/> School Council |
| <input type="checkbox"/> Teachers | <input type="checkbox"/> Parents/Families |
| <input type="checkbox"/> Students | <input type="checkbox"/> Cancer Council Victoria |
| <input type="checkbox"/> Other (please specify) | |
20. *What obstacles (if any) has your school encountered in introducing the policy?*
- | | |
|---|--|
| <input type="checkbox"/> Limited support by teachers/staff | <input type="checkbox"/> Limited support by parents/families |
| <input type="checkbox"/> Limited student cooperation | <input type="checkbox"/> Cost of sunscreen |
| <input type="checkbox"/> Cost of shade development | <input type="checkbox"/> Not a priority for school council |
| <input type="checkbox"/> Insufficient information on policy development | |
| <input type="checkbox"/> Other (please specify) | |
21. *Does your school agree to complete a SunSmart policy review every three years?*
- | | |
|------------------------------|-----------------------------|
| <input type="checkbox"/> Yes | <input type="checkbox"/> No |
|------------------------------|-----------------------------|

IMPORTANT INFORMATION

If you qualify as a SunSmart School you will receive a 60 cm x 90 cm 'We are SunSmart' membership sign, SunSmart certificate, a media release to use with your local newspaper and teacher resource material.

There is a one-off joining fee of \$45 (incl. GST) to cover the cost of the metal SunSmart sign and an invoice will be posted to you.



SunSmart schools program application & agreement

SUNSMART SCHOOLS AGREEMENT *TERMS AND CONDITIONS*

If your school is accepted as a SunSmart School, you will be promoting the SunSmart and Cancer Council Victoria's SunSmart messages in your daily activities and providing a role model to other schools throughout Victoria.

Schools participating in the SunSmart Schools Program must agree to the following terms and conditions:

- To enforce their sun protection policy as documented
- To take reasonable steps to ensure that all staff, students and families are aware of the sun protection policy and its requirements
- To inform Cancer Council Victoria of any changes to the school's policy and practices and anything else that may relate to or affect its inclusion in the SunSmart Schools Program

The school agrees to comply with the following minimum standards:

- Sun protection measures are used from September until the end of April and whenever the UV Index level reaches 3 and above.
- During these months particular care is taken between 10am and 3pm when UV levels reach their peak during the day.
- A combination of sun protection measures are considered when planning all outdoor activities. (e.g. recess, camps, excursions, sporting events, swimming carnivals).
- The school has sufficient shade or is working towards increasing the number of trees and shade structures so as to provide adequate sun protected areas in the school grounds.
- Students are encouraged to use available areas of shade for outdoor activities.
- Children who do not have appropriate hats or sun protective clothing are asked to play in the shade or a suitable area protected from the sun.
- Appropriate sun protective clothing is included in the school uniform / dress code and sports uniform.
- When outside all students wear a broad brimmed (minimum 7.5cm brim), legionnaire or bucket hat (deep crown and minimum 6cm brim).
- The use of wrap-around sunglasses that meet Australian Standard 1067 (Sunglasses – Category 2, 3 or 4) is encouraged. **(Suggested)**
- The use of SPF 30+ broad spectrum, water resistant sunscreen is encouraged, with time for application of sunscreen allowed. Students are reminded to apply sunscreen.
- Children with naturally very dark skin (skin that rarely or never burns) are not required to wear sunscreen. (If applicable)
- Staff are requested, and families and visitors to the school are encouraged, to act as role models by practising SunSmart behaviours.
- From May until August, sun protection is not used unless the UV Index level reaches 3 and above.
- Programs on SunSmart messages are included in the curriculum for each grade level.
- SunSmart behaviour is regularly reinforced and promoted to the whole school community (eg. via newsletters, assemblies).
- The school reviews its SunSmart policy at least once every three years by monitoring the school's compliance with its policy and making suggestions for improvement.

AGREEMENT

..... agrees to the above stated terms and conditions of the SunSmart Schools Program
.....
(name of school)

School Principal's name:
(please print)

Signature: Date:

School President's name:
(please print)

Signature: Date:

Please forward these **three** completed documents: 1. SunSmart schools program application form. 2. signed SunSmart schools agreement and 3. copy of your school's SunSmart policy to SunSmart Schools Program, Cancer Council Victoria, 100 Drummond Street, CARLTON VIC 3053

For more information, please visit www.sunsmart.com.au, or contact Justine Osborne from SunSmart on (03) 9635 5161.