



Melbourne Girls Grammar
an Anglican school

Sun Protection Policy

While the students of MGGS are encouraged to follow Sunsmart procedures at all times, this policy specifically refers to those times that the UV Index levels reach 3 or above. In Victoria, the average UV Index levels are 3 and above from the beginning of September until the end of April. Particular care needs to be taken between 10am – 2pm (11am – 3pm daylight saving time) when UV levels reach their peak.

Sunsmart behaviour will be regularly reinforced and promoted to the whole school community via the curriculum, newsletters, assemblies and role modelling by the staff. MGGS has adopted and implemented The Cancer Council Victoria's sun protection policy.

The Early Learning Centre

Hats, sunscreen & shade

- Each day parents are asked to send their child with a hat, which will protect the face, neck and ears from the sun. The legionnaire style hat is recommended but the parent will decide upon the type of hat
- Hats must be worn during all outdoor activities and when walking from one area of the School to another
- If a child does not have a hat, the teacher will provide one from the school store. This hat must then be taken home, washed and returned the following day
- Members of Staff are encouraged to wear a broad-brimmed hat while outside, acting as a role model at all times
- All parents will be encouraged to apply SPF30+ sunscreen to their children before arrival at the Centre each morning
- To ensure that sunscreen can be re-applied during the day, all parents will be asked to sign a consent form for their children, giving the staff permission to administer sunscreen when required. Unless this form is signed, staff may not apply sunscreen.
- SPF30+ broad spectrum, water-resistant sunscreen will be available at the Centre, but parents will be encouraged to send sunscreen with their children each day, thus catering for any individual needs
- Shade should be provided in the outdoor play areas. A combination of shade trees and shade structures in the playground will be used to provide adequate shade
- The children will be encouraged to play in the shade areas provided.

Fluid Intake

- Water will be available for the children at all times. The children should be encouraged to drink water regularly
- Parents will be asked to send drink bottles to the Centre with their children each day
- Staff will endeavour to ensure that the children drink water during morning break and lunch times, and offer water between these times.

Senior and Junior Schools

Hats, sunscreen, sunglasses & shade

- Students are encouraged to wear hats on any high UV days
- At the Junior School, hats must be worn at recess, lunch and during PE lessons during Terms One and Four
- Students at the Junior School not wearing a hat will not be able to play. A safe shaded area will be designated and students should be contained in that space
- Students at the Junior School must wear the school bucket hat
- Students are encouraged to wear SPF30+ broad-spectrum water-resistant sunscreen. This should be applied before all outdoor activities and be reapplied every four hours
- The length of summer dresses should be approximately at knee level
- Students may obtain emergency applications of sunscreen from various locations in the School, including the Gymnasium and Sick Bay
- Sunglasses may be worn outside at suitable times. These sunglasses should meet the Australian Standard 1067 (Sunglasses category 2, 3 or 4). The PE staff will give specific directions about protocol during sporting activities. Sunglasses should have black, brown, tortoise-shell or dark blue frames and should have the owner's name engraved on the inside arm
- Students are encouraged to be aware of the journey to and from School, as times when they require sunscreen, hat and sunglasses
- Students are especially encouraged to consider Sun Protection behaviour on sports days, excursions and camps
- Major MGGS carnivals (swimming, athletics and cross country) will take place under shade or throughout terms 2 and 3
- Students are encouraged to make full use of the shade provisions in the School grounds. Management makes the commitment to continue to extend the shade facilities within the school grounds
- Members of Staff are encouraged to wear a broad-brimmed hat while outside, acting as a role model at all times.

Senior and Junior Schools *continued*

Fluid Intake

- Students are encouraged to drink water to avoid dehydration and on hot days to have a drink bottle of water in the classroom except for Art where they may leave the classroom for a drink of water at regular intervals. When using computers, students are required to store their water bottle on a shelf away from their computer.

Senior School - Boarding Houses

- The Senior School section of this policy applies to all Boarding Houses
- All residents of the Boarding Houses are encouraged to take personal responsibility for their own sun protection
- Additional sunscreen will be available at the 'mark out' posts in Terms 1 and 4. Residents are encouraged to carry water bottles with them on outings
- Reminder briefings will take place at the beginning of Terms 1 and 4 and special stress will be laid upon sun protective behaviour with the international students, who may not have been exposed to life long sun protective education.

Sun Protection Education at Melbourne Girls Grammar

- Learning about the skin and its protection from the sun will be incorporated into the students' activities and curriculum during the year
- Staff and parents will be asked to act as role models for the children by:
 - wearing hats and appropriate protective clothing outside
 - using SPF 30+ sunscreen
 - seeking shade whenever possible
- Staff will be provided with relevant information on how to recognise symptoms of over-exposure to heat and appropriate action to take
- Sun protection is formally investigated in Year 7
- The Sun Protection Policy will be reinforced in a positive way through parent newsletters, notice boards and meetings
- The Sun Protection Policy will be reviewed annually
- Parents will be given a copy of the Sun Protection Policy at Orientation Day or on request
- The Student Executive Council at the Senior School and the staff or students at the Junior School and the Early Learning Centre are encouraged to present Sun Protection reminder assemblies in Terms 1 and 4
- Reference to compliance with the Sun Protection Policy can be found in the front of the Student Diary.

Sun Protection Policy - Rationale

Australia has the highest incidence of skin cancer in the world, with two out of three Australians developing some form of skin cancer during their lifetime. It is estimated that more than 75 per cent of all skin cancers could be prevented by practising sun protection during early childhood and adolescence.

(Anti-Cancer Council of Victoria)

Melbourne Girls Grammar encourages sun protective behaviour by encouraging all students and staff to:

- wear sun protective hats that shade the face, neck and ears during recess, lunchtime and during sporting and outdoor activities at high risk times
- seek shade from direct sun, particularly by wearing clothing with sleeves and collars that are made from closely woven fibre
- apply SPF 30 broad-spectrum water resistant sunscreen before all outdoor activity and to re-apply it every four hours.

To encourage such behaviour, sun protection and skin cancer prevention education is incorporated into the school curriculum and students are encouraged to be actively involved in initiatives to protect the school community from over-exposure to the sun. Further promotion of sun protection may take place via media such as school newsletters, assemblies, daily messages, parent and staff meetings and whole school activities.

Objectives

The objectives of the Sun Protection Policy are to:

- increase student and community awareness of skin cancer
- assist students to develop strategies which encourage responsible decision-making about sun protection
- work towards a safe school environment which provides adequate shade for students and staff
- encourage students, parents, teachers and staff to wear protective clothing, hats and sunscreen during high-risk times such as lunch times, sports, excursions and camps
- ensure that parents are informed of the School's Sun Protection Policy.

Current at May 2009. This document is subject to regular review.



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