



Mernda Hills Christian College

SunSmart Policy

Document Control

Revision Number	Review Date	Implementation Date	Description of Changes	Prepared By	Approved By
Mernda Hills Christian College					
1	May 2024	May 2024	Minor updates to wording	Principal	Exec Leadership

Purpose

The currently high rate of skin cancer and sun-related ailments in Australia makes protecting students from the sun a responsibility of the Mernda Hills Christian College community. Parents, students and staff need to be aware of the positive and negative impacts of the sun on our health.

Implementation

1. Sun smart principles adopted by Mernda Hills Christian College should not be confused with SUNSMART guidelines licensed by the Cancer Council of Australia.
2. These principles should be shared with students and parents on a regular basis.
3. Sun Smart Principles:
 - 3.1 During Terms 1 and 4 (the summer terms where UV levels are higher) the wearing of hats by students (primary and secondary) when in the sun is compulsory. Staff are also expected to wear hats whilst outside.
 - 3.2 Students are to keep under shaded areas if practicable, especially on hot days.
 - 3.3 Students who do not have a uniform hat are to remain in a designated shaded area for the duration of breaks.
 - 3.4 Continuous exposure to direct sunlight for more than ½ hour is discouraged. Wherever possible, shade areas must be provided for activities where there is likely to be continuous exposure to direct sunlight for more than an hour.
 - 3.5 Sunscreen is to be made available during warmer days. Note, individuals are to apply sunscreen to themselves, not others. Students may choose to bring and wear their own sunscreen from home.
 - 3.6 If the occasion includes extended periods in the sun (eg. sports carnivals, full day excursions outside) the application of sunscreen is required. Students refusing to wear sunscreen must remain in shaded areas for the maximum possible time.
 - 3.7 During off-campus activities (excursions, camps, etc.) the same expectation regarding hats applies as at school.
 - 3.8 If the opportunity arises during camps, students are to be discouraged from tanning or sunbaking.
 - 3.9 Students should be encouraged to drink plenty of water during warm days.
 - 3.10 Sunscreen used should be SPF 30+ . It should be reapplied after the elapsed time as stated on the sunscreen container (usually 2 hours).
 - 3.11 Parent participation in the College's Sun Smart Policy should be encouraged. This may be achieved by providing regular sun smart items in the newsletter and contacting them if their child's sun smart compliance needs attention.