

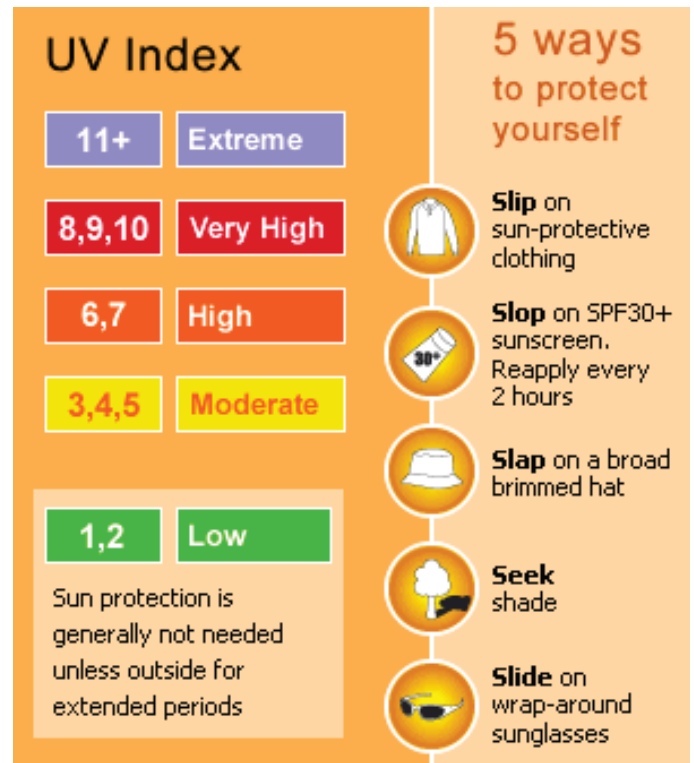


SUN SMART POLICY

Rationale:

We at St Joseph's School believe that:

- Australia has the highest incidence of skin cancer in the world.
- Ultra Violet (UV) radiation is part of the Sun's light that burns and damages the skin.
- The higher the UV radiation the greater the potential for damage to skin.
- Too much exposure to UV will cause skin damage, too little can lead to Vitamin D deficiency.
- To ensure a healthy balance between UV exposure and UV protection, it is recommended that skin is protected when UV is 3 and above.
- For much of South Australia this tends to occur from the beginning of September to the end of April.
- The crucial period for sustaining sun damage occurs during the first 20 years of life.
- Schools can play a significant role in changing behaviours through education and modelling.
- Wearing a hat and sunscreen when participating in outside activities during the months when UV is 3 and above is a positive and healthy habit for children to form.
- During the months of May – August sun protection (including hats) are not needed on the days when UV level is below 3.
- Schools have a responsibility to initiate and implement skin cancer prevention strategies in the interests of children's health. The children, parents/carers, staff and visitors need to be aware of the harmful effects of UV radiation.



Purpose/Aims:

Through the application of this policy, we at St Joseph's School aim to:

- Increase the school community's awareness of skin cancer and the importance of skin protection.
- Increase the school community's awareness of the importance of a healthy balance between UV exposure and UVprotection.
- Encourage children's responsibility for skin protection.
- Increase awareness of the need for environmental changes in our school to reduce the level of exposure to the sun.
- Encourage children, parents/carers, staff and visitors to wear protective clothing, hats and sunscreen from 1 September to the 30 June when involved in outside activities. E.g. break times, excursions, sporting activities, camps etc.

Guidelines:

In support of this policy:-

The Principal will:

- Ensure that all staff, children, parent/carers are aware of the School’s Sun Smart Policy.
- Inform parents/carers of the Sun Smart Policy via the newsletter and website.

All Staff members will:

- Wear an appropriate hat when participating in any school outdoor activity including yard duty in Term 1 & Term 4.
- Model appropriate Sun Smart behaviour.
- Ensure that all children wear a school hat whenever they are involved in outdoor school activities in Term 1 & Term 4.
- Whenever possible all outdoor activities will be scheduled out of high risk times.
- Encourage children to apply sunscreen before they come to school each day and prior to lunch in Term 1 & Term 4.
- Ensure that skin cancer prevention education is included in the curriculum across all year levels.
- Ensure that the ‘No hat. No play’ rule is enforced in Term 1 & Term 4.

How do we protect our skin?

A combination of five skin protection strategies is recommended when the UV level is 3 and above.



Slip on clothing that protects skin as much as possible



Slop on a broad spectrum, SPF 30 or higher, water resistant sunscreen



Slap on a broad brimmed, bucket or legionnaire hat that offers protection to the face, neck and ears



Seek shade as much as possible when outdoors



Slide on some wraparound style sunglasses

Children will:

- Wear a school hat (not beanie) whenever they are involved in outdoor school activities in Term 1 & Term 4.
- Be encouraged to apply SPF30+ sunscreen before school and prior to lunch each day in Term 1 & Term 4.
- Supply their own sunscreen.
- Follow the ‘No hat. No play’ rule in Term 1 and Term 4.
- During the winter months (May, June, July, August) sun protection, including the wearing of hats and sunscreen will not be required. Families may use their own discretion in the wearing of hat & sunscreen during these months.

Parents/Caregivers will:

- Ensure that all children have the use of a school a hat Term 1 & Term 4.
- Provide children with sunscreen.
- Be aware of the school’s ‘Sun Smart’ policy.

Basis of Discretion:

The Principal has the discretionary option to vary this policy on days with adverse weather conditions or for school events/excursions.

Support Documents:

Sun Smart Policy Guidelines’ Anti Cancer Foundation of SA

Ratified by the St Joseph’s School Board in 2018, due for review 2021