

SUNSMART POLICY

UNDERLYING PRINCIPLES

Australia has the highest incidence of skin cancer in the world. Skin damage, including skin cancer, is the result of cumulative exposure to the sun's ultraviolet radiation. Much of the damage occurs during childhood. As students and staff are at school during the high ultraviolet risk period each day, the school has the potential to significantly reduce the level of sun exposure sustained by children.

At St Catherine's UV protection appropriate to the circumstances must be worn or used by any student and staff who are outdoors at times when there is the likelihood of injury to the skin due to UV radiation from the sun. Such protection includes hats, protective clothing, SPF 50+ sunscreen and natural or artificial shade. It is also the policy of the school to make students and staff aware of the dangers of skin cancer and to encourage sun safe behaviour.

PURPOSE & AIMS

To ensure that all children attending and/or participating in school approved activities are protected from skin damage. This incorporates the Camp Australia OSHC Sun Protection Policy.

GUIDELINES

It is compulsory for all students to wear school approved hats during term 1 and term 4 of each year. This will include all outside activities such as play time, PE lessons and outdoor learning activities. Staff will model good sun and heat protection by wearing hats for the same period.

Students who do not have their hats with them during nominated play times will stay under the hall verandahs or under the treehouse for the play period if 'no hat, shade play will occur'.

When students are outside for extended periods, they will be encouraged to apply suitable UV protection SPF 50+ broad spectrum sunscreen. Sunscreen is available for students to use at school. Students can supply their own sunscreen if they wish and are asked to come to school each day having already made an application of sunscreen. During terms 2 and 3 students are not required to wear a hat but are encouraged to wear sunscreen as needed, as some Vitamin D during the colder months is encouraged.

If the temperature is forecast in Mt Lofty for 36C or above at 2pm on a day where school outdoor practices are held after school, training will be automatically cancelled.

IMPLEMENTATION

Teachers will incorporate sun and heat protection activities in the curriculum, including reflecting on the reasons for sun protection over the winter months and the importance of maintaining vitamin D levels in children. At the beginning of the year consequences of sun safe behaviours will be taught within the curriculum.

During extreme weather conditions students will either remain indoors or be encouraged to remain under shade. Continued rehydration will be encouraged during hot periods.

In the case of sporting competitions and practices held out of school hours, the sun protection for that competition will apply.



SUPPORTING DOCUMENTS AND RESOURCES

- Sun Smart policy guidelines <http://www.sunsmart.com.au/communities/early-childhood-primary-schools/sample-policies>
- Active member of Sun Smart school programme with signage displayed at school.
- The Cancer Council of South Australia resources <https://www.cancersa.org.au/get-support/health-professionals/resources>

Signed: _____

Name: _____

Principal, on behalf of the School Board

Date: _____

Date Completed: V. 4 02 August 2022

Updated V.3 3 June 2019

Updated V.2 2015

Updated V.1 2011

Date to be reviewed: 2022

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