

# SUNSMART POLICY

## Rationale:

Too much ultraviolet (UV) radiation from the sun can cause sunburn, skin damage, eye damage and skin cancer. Australia has the highest incidence of skin cancer in the world, with two in three Australians developing some form of skin cancer during their lifetime. Overexposure to the sun during childhood and adolescence is known to be a major cause of skin cancer.

## Purpose:

The purpose of this policy is to increase student and community awareness about skin cancer and sun protection; to encourage the entire St. Thomas the Apostle Catholic Primary School community to use a combination of sun protection measures; to work towards a safe school environment that provides shade for students, staff and the school community; to assist students to be responsible for their own sun protection and to ensure that families and new staff are informed of the school's SunSmart policy.

## Implementation:

### Our Sun Protection Strategies

All children and staff use a combination of sun protection measures to ensure they are well protected from the sun. Particular care is taken between 10 am and 2 pm (11 am and 3 pm daylight saving time). Our SunSmart policy is considered when planning all outdoor events e.g. assemblies, camps, excursions and sporting events. Where possible, we have outdoor activities or events earlier in the morning or later in the afternoon, bearing in mind the body also needs a certain amount of sunlight.

### 1. Shade

- Shade provision is considered in plans for future buildings and grounds.
- The availability of shade is considered when planning excursions and all outdoor activities between September and April.
- Children are encouraged to use available areas of shade when outside.
- Children who do not have appropriate hats or outdoor clothing are asked to play in the shade or a suitable area protected from the sun.

### 2. Clothing

Sun protective clothing is included in our school uniform / dress code and sports uniform. School clothing is made of close weave fabric and includes shirts with collars and longer sleeves, longer style dresses and shorts and rash vests or t-shirts for outdoor swimming.

### 3. Hats

Children are required to wear school hats that protect their face and neck whenever they are outside.

### 4. Sunglasses

Children and staff are able to wear sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.

## 5. Sunscreen

SPF 30+ broad spectrum, water resistant sunscreen is available for staff and children's use. Staff remind children to apply sunscreen before going outdoors.

## 6. Role modelling

Staff act as role models by:

- Wearing sun protective hats, clothing and sunglasses when outside
- Applying SPF 30+ broad spectrum, water resistant sunscreen
- Seeking shade whenever possible between September and April.

## 7. Curriculum

- Programs on skin cancer prevention are included in the curriculum.
- SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school homepage, parent meetings, staff meetings, school assemblies, student and teacher activities.

## Resources:

- Victorian Government Schools Reference Guide: 4.5.11 Skin protection
- [www.eduweb.vic.gov.au/referenceguide/enviro/default.htm](http://www.eduweb.vic.gov.au/referenceguide/enviro/default.htm)
- SunSmart UV Alert (issued whenever the UV Index reaches 3 and above) [www.sunsmart.com.au](http://www.sunsmart.com.au) or [www.bom.gov.au/announcements/uv/](http://www.bom.gov.au/announcements/uv/) February 2008

## Evaluation:

This policy will be reviewed as part of the school's five-year review cycle or as required.

*Ratified by B. Marrinon, August, 2013.*