

St Mary Magdalene's Primary School



Sun Safety Policy

Developed by: Staff and School Board

Note: All references to 'staff members' include Administration staff, ESO staff, Teachers and Temporary Relieving Teachers

Underlying Assumptions, Philosophy and Rationale:

We at St Mary Magdalene's Primary 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
- The crucial period for sustaining sun damage occurs during the first 10 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 when UV is 3 and above is a positive and healthy habit for children to form
- Schools have a responsibility to initiate and implement skin cancer prevention strategies in the interests of students' health

Purpose / Aims:

Through the application of this policy, we at St Mary Magdalene's 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 UV protection
- Encourage children's responsibility for and decision making about skin protection
- Increase awareness of the need for environmental changes in our school to reduce the level of exposure to the sun
- Encourage students, parents/carers, staff and visitors to wear protective clothing, hats and apply sunscreen and seek shade when the UV rating is 3 and above

Guidelines:

Hats are to be worn all year round. Other sun protection practices such as sunscreen, seeking shade, rescheduling, protective clothing are to be undertaken in terms 1, 3 and 4 and when the UV is 3 and above at other times.

In support of this policy:

The Principal will:

- Inform parents/carers of the Sun Safety Policy during enrolment
- Encourage staff to act as role models by:
 - Wearing protective hats, clothing and sunglasses when UV reading is 3 or above

- Apply SPF 30 or higher broad spectrum, water resistant sunscreen when UV reading is 3 or above
- Seeking shade when the UV is 3 and above
- Encourage families and visitors to use a combination of these sun protection measures when attending and participating in outdoor activities
- Regularly reinforce and promote sun safety behavior and practices to the whole school community (e.g. via newsletters, assemblies, bulletin boards, parents and staff meetings)
- Ensure that appropriate skin protective clothing included in the school uniform/dress code including top with collars and longer sleeves and longer style skirts, dresses and shorts are recommended

The Staff will:

- Wear an appropriate hat when participating in any school outdoor activity including yard duty when the UV rating is 3 and above
- Model appropriate Sun Safety behaviour
- Ensure that all students wear the school bucket hat whenever they are involved in outdoor school activities when the UV rating is 3 and above
- Whenever possible all outdoor activities will be scheduled out of high risk UV times
- Encourage students to apply sunscreen 20 minutes before they come to school each day and 20 minutes prior to outdoor activities on days when the UV rating is 3 or above. Reapplication every two hours if staying outside for extended periods of time will also be promoted
- Ensure that sun protection skin cancer prevention and vitamin D education is included in the curriculum across all year levels
- Ensure that the 'No hat, play in the shade' rule is enforced on days when the UV rating is 3 and above

Students will:

- Wear a school hat whenever they are involved in outdoor school activities when the UV rating is 3 and above
- Wear the school uniform which includes a polo top with a collar and longer style sleeves and longer style shorts
- Be encouraged to apply SPF30+ sunscreen before school and again 15 minutes prior to lunch each day when the UV rating is 3 and above and reapply every 2 hours when outdoors
- Follow the 'No hat, play in the shade' rule when the UV rating is 3 and above

Parents will:

- Ensure that all students have a hat at school on days when the UV rating is 3 and above
- Provide alternate sunscreen for those with allergies to regular brand sunscreen
- Be aware of the school's 'Sun Safety Policy'

Visitors will:

- Be encouraged to follow the school's 'Sun Safety Policy'

School grounds:

- The school makes sure there is a sufficient number of shelters and trees providing shade in the school grounds particularly in areas where students congregate
- In consultation with CESA, shade provision is considered in plans for future buildings and grounds

- Children are encouraged to make use of available shaded areas when outside
- Support recommendations to seek shade during 1st and 2nd lunch breaks when UV is 3 and above
- Provide permanent or temporary shady structures within school grounds

Excursions and School Events Procedure:

- The availability of shade is considered when planning excursions and all outdoor activities
- On swimming excursions children and educators will be encouraged to wear sun safe swim shirts (rash vests) or white t shirts when swimming as well as hats that can be worn in the water
- Hats are compulsory on school excursions

Implementation:

- All members of staff will have access to the Sun Safety policy via the school's intranet
- Parents/Carers and the community will be informed of this policy via the newsletter and can access the policy via the school website

Basis of Discretion:

- The Principal and staff may use their discretion and relax sun protection behaviours when the UV levels are below 3. As sunlight is the main source of vitamin D which is vital for the development and maintenance of healthy bones, students can safely be outside without sun protection and hats and sunscreen are not required.

Support Documents:

Catholic Education Safety Manual, Health and Safety Policy: UV Radiation Protection Policy (No.12)

Duty of Care Policy (SACCS, 2004)

Policy for the Care, Wellbeing and Protection of Children and Young People (SACCS, 2011)

Cancer Council SA website <www.cancersa.org.au>

Financial Budget:

Budget for SPF 30+ Sunscreen for Staff and students

Resources:

SPF 30+ broad spectrum, water resistant sunscreen for staff and students



Signed:

Trish Jones

Principal on behalf of the School Board

Date: 13 September 2017

Sun Safety Policy will be reviewed at least every three years

Date to be reviewed: 2020