



St. Mary's Primary School

Empowering the Gifts Within

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Sun Protection

Purpose

The purpose of the policy is to ensure St Mary's Primary School promotes and practices sun smart procedures.

"Sun exposure in the first fifteen years is linked to the increased likelihood of skin cancer, including melanoma, as an adult. Schools have a responsibility to provide a safe and healthy environment including protection from the sun." (<http://www.cancerCouncil.com.au>)

St Mary's School helps reduce the incidence of skin cancer and the number of related deaths by encouraging all members of the school community to take effective skin- protection measures.

The implementation of Sun Smart is year round practice. A combination of sun protection measures are used when the UV Index levels are 3 and above. Particular care is needed from the beginning of August until the end of May during the peak UV times of 10am to 2pm (11am to 3pm daylight saving time).

Policy

The goals of the Sun Smart Policy are to:

- Increase student and community awareness about skin cancer and sun protection
- Encourage the entire school community to use a combination of sun protection measures whenever the UV Index levels are 3 and above
- Work towards a safe school environment that provides shade for students, staff and the school community
- Assist students to be responsible for their own sun protection

Definitions

Nil

Procedures

1. As part of general skin-protection strategies:

1.1 As part of the normal Health curriculum students, across all year levels, will be taught the principles of sun protection.

1.2. Children will wear school hats which protect the face, neck and ears whenever they are outside e.g. sport, sports carnivals, outdoor excursions and activities.

1.3 Children who do not have their hats with them will sit in a designated area, protected from the sun, on the verandah of the hall.

1.4 Children will be encouraged to use available areas of shade for outdoor play activities.

- 1.5 Outdoor activities will be held in areas of shade whenever possible. Sun protection will be considered when planning all outdoor events e.g. sporting events, excursions etc.
- 1.6 Teachers will schedule outdoor activities before 10am and after 2pm (11am and 3pm daylight saving time) whenever possible.
- 1.7 Staff will be encouraged to act as role models by practising sensible sun behaviour. They will be expected to wear protective hats and appropriate clothing for all outdoor activities, use a SPF 30 +, broad-spectrum water-resistant sunscreen for skin protection and seek shade whenever possible.

2. Our school will:

- 2.1 In determining school uniform, school boards will ensure uniforms are sun smart and ensure that school hats are appropriate and satisfy Cancer Council guidelines.
- 2.2 Ensure that adequate shade is provided at sporting carnivals and outdoor events as well as in areas on the playground where students tend to congregate e.g. Canteen.
- 2.3 As part of the School Registration and Review process schools to carry out an audit of the school plant ensuring adequate shade and shelter for students, staff and parents.
- 2.4 Provide SPF 30+ broad-spectrum, water-resistant sunscreen for staff and student use when it is not provided by the parents.
- 2.5 Incorporate programs on skin cancer prevention in its curriculum.
- 2.6 Reinforce regularly this Sun Smart Policy to the whole school community in a positive way through newsletters, during assemblies, parent meetings, and student/teacher activities.
- 2.7 Reinforce the Sun Smart Policy on out of uniform days. Children would be required to wear appropriate clothing that would protect them from ultra violet rays. For example, children should wear t-shirts with sleeves and collars, and hats with a brim.
- 2.8 Ensure that children wear appropriate Sun Smart clothing to sporting events such as swimming and athletic carnivals. For example, children wear rash shirts and protective hats at the swimming carnival.

3. When enrolling a child, parents will be:

- 3.1 Informed of the Sun Smart Policy.
- 3.2 Requested to purchase and label a school hat for their child's use.
- 3.3 Encouraged to provide SPF 30+ broad-spectrum, water-resistant sunscreen for their child's use.
- 3.4 Encouraged to practice skin-protective behaviour themselves.

References

[Archdiocese of Canberra Goulburn, Catholic Education Office](#)

[Cancer Council](#)

[NSW Board Of Studies](#) PDHPE Documents

Forms

Nil