



## 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 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. Teachers are encouraged to timetable outdoor activity before 11.00am and after 3.00pm wherever possible or to use shaded areas.

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, or we try using indoor or shaded venues.

#### **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.
- 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. Our policy on clothing and appropriate sunsmart attire extends also to our of uniform days

#### **3. Hats**

During Terms One and Four\_“No Hat No Play” will apply and the official school hat is the one to be worn. The school cannot be held responsible for providing spare hats as this may cause health and safety concerns.

#### **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+ or above 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+ or above broad spectrum, water resistant sunscreen
- Seeking shade whenever possible

#### **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 and on student enrolment.

#### **Resources**

- SunSmart UV Alert (issued whenever the UV Index reaches 3 and above)  
www.sunsmart.com.au or [www.bom.gov.au/announcements/uv/](http://www.bom.gov.au/announcements/uv/)

#### **Evaluation**

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

#### **Ratification**

This policy was last ratified by the St Josephs Staff in April 2020.