



SUN SMART POLICY

*“Building a foundation of quality Catholic Education,
inspired by the Gospel values,
to allow each person to develop and grow
as an individual.”*

Philosophical Basis:

Our Lady of the River School values the preciousness of each person within our school community. It is our role to promote sun safe behaviour for children, staff and parents.

The policy is for implementation throughout the whole school year.

Rationale:

Australia has the highest incidence of skin cancer in the world with two out of three Australians developing some form of skin cancer during their lifetime. Over-exposure to the sun during childhood and adolescence is known to be a major cause of skin cancer. Schools have the potential to have a major impact on the level of sun exposure that students may sustain for the following reasons:

- Children are at school throughout the high risk period each day for five days a week.
- The crucial period for sustaining damaging levels of sun exposure occurs during the school years.
- Schools can play a significant role in changing behaviours through education.

Aims:

The aims of this Sun Protection Policy are to promote among students, staff and parents:

- Positive attitudes toward skin protection.
- Lifestyle practices which can help reduce the incidence of skin damage.
- Personal responsibility for, and decision-making about, skin protection.
- Awareness of the importance of environmental conditions in schools to reduce the level of exposure to the sun.

Mandatory Provisions:

Implementation:

The Sun Protection Policy applies to all students and staff.

Parents are strongly encouraged to model appropriate sun smart behaviour while participating in school activities.

The school requires, when outdoors, participating in school activities:

1. All students wear regulation school hats which protect the face, neck and ears (Regulation school hat – broad rimmed blue hat with school logo and string with spring toggle or elastic strap). Staff are to wear a broad rimmed hat.
2. When participating in a school activity staff and students to wear clothing with collars and sleeves and made of closely woven material which also ‘breathes’. During aquatic activities children are to wear a t-shirt or approved sun suit with their bathers.

3. SPF 30 + broad spectrum water resistant sunscreen to be worn on all exposed parts of the body.
4. If sun glasses are worn, that they be approved by the Anti-Cancer Foundation and are a style that supports the spirit of the school Uniform Policy.
5. Staff and students utilize shaded or covered areas wherever and whenever practicable. Information regarding the dangers of exposure to Ultra Violet radiation is readily available to members of the school community and brought to the attention of students.
6. School to continue to increase shaded areas in school environment.

Procedures:

1. “No hat no play” will apply to all outdoor activities, all year. Students with no hat must stay on the library verandah for the duration of the break. (However, this is not to be used as an excuse for not participating).
2. Students will be encouraged to bring their own supplies of SPF 30 + sunscreen to school. The school will make available SPF 30 + sunscreen in each home classroom. Children are encouraged to apply this before recess, lunch and home break.
3. On days of 38 degrees or above (as forecast by the weather bureau), children will be encouraged to play in shaded areas.
4. Library is to be opened for children who wish to retreat from the heat.
5. Oval duty will become library duty.
6. A unit of work will be studied annually by the children from Reception to Year 7 under the Health & Physical Education Curriculum.
7. Students walking to and from school are encouraged to wear a sun smart hat.
8. Physical activities should be conducted in the cooler times of the day and sun block applied.

Basis of Discretion:

- The Principal will monitor children not participating in Physical Education who are exploiting the “No hat No play” rule.
- Wet weather: Under exceptional circumstances due to inclement weather conditions it may be necessary for the “No hat No play” rule to be ignored.
- During sporting activities/events there may be occasions when the school hat may need to be removed, for ease of participation. It is essential that this time is kept to a minimum.
- At times it maybe necessary to wear sunglasses.

Resources:

- Cancer Council of SA – information
- draft policy
- Sun Smart School Policy guidelines.