



Policy Name:	Sun Smart
Policy Area:	Stewardship
Policy Number:	2-D5
Originally Released:	2001
Revised	2005, 2013, 2015, 2017
Date for review:	2021

Rationale

Australia has the highest rate of skin cancer in the world. Overexposure to the sun during childhood and adolescence is an important contributing factor to the development of skin cancer later in life. As students are at school during times of peak ultraviolet (UV) radiation, schools play a major role in creating a supportive environment that minimises exposure and encourages sun protective behaviours.

Our Sun Protection Policy has been adopted to ensure that all students, staff, parents and visitors attending St. Mary's are protected from skin damage caused by UV radiation from the sun. This policy is to be implemented throughout the year, but with particular emphasis from the beginning of September through to the end of May or when UV levels reach three or more. The sun protection practices outlined in this policy will be applied to all school activities, including sports carnivals, excursions and camps. The policy has been developed in consultation with the whole school community.

Our Commitment

St Mary's Catholic Primary will:

- Ensure that all students and staff have some UV exposure for vitamin D
- Inform parents of this sun protection policy when they enrol their child/children.
- Brief all new staff on the sun protection policy.
- Promote sun protection via newsletters, assemblies, daily messages, whole school activities and parent and staff meetings.
- Require students to wear broad-brimmed, bucket or legionnaire hats when outside.
- Direct students without a broad-brimmed, bucket or legionnaire hat to stay in an area that is protected from the sun.
- Require staff to wear broad-brimmed, bucket or legionnaire hats for all outdoor activities, including duty.
- Encourage parents and guests to wear broad-brimmed hats when participating in and attending outdoor school activities.
- Require students to wear broad-brimmed sun protective clothing and sunscreen for all camps, sports and excursions. These items will be listed on the parent permission form.
- Require staff and students to wear a swim top for outside swimming activities.
- Review the school dress code to include sun protective items such as shirts with collars and longer sleeves, and swim tops for swimming.
- Ensure there is adequate provision of shade within the school grounds for students and staff, by planting trees and building shade structures, particularly in areas where students congregate, for example, lunch, canteen or outdoor lesson areas.
- Encourage staff and students to use shaded or covered areas when outside.
- Ensure that adequate shade is provided at sporting carnivals and outdoor events.



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- Timetable as many outdoor activities as possible - including assemblies, sport and physical education- when the UV index is below 3. When this is not possible, activities should be scheduled as far from 12noon as possible.
- Encourage the use of SPF 30+ broad spectrum, water resistant sunscreen by:
 1. listing sunscreen as an item students are required to buy for the school year
 2. providing sunscreen in the classroom.
 3. allowing students time to apply sunscreen 20 minutes prior to outdoor activities.
- Incorporate sun protection and skin cancer awareness programs into the appropriate Key Learning Areas of the school curriculum.
- Review the sun protection policy annually.
- Protect workers from the harmful effects of the sun, check the UV sun protection times each day. When the UV is 3 and above, or if workers are due to be outdoors for extended periods, try to:
 - reschedule work, where feasible, to minimise UV exposure
 - provide and use shade
 - provide and use protective clothing (long sleeves, collared t-shirts, broad-brimmed hats, hard hat attachments and sunglasses)
 - advise and remind outdoor workers to apply broad-spectrum 30+ sunscreen and reapply every two hours.

Our Expectations

Parents/carers will:

- Ensure your child/children has a broad- brimmed, legionnaire or bucket style hat. The school hat is available from the uniform shop and adheres to Cancer Council recommendations.
- Ensure that your child/children's clothing provides adequate protection from UV radiation. Cancer Council recommends the following – collars and sleeves, closely woven fabric, natural fibre and swim tops for swimming.
- Ensure that your child/children have access to SPF 30+ broad spectrum, water resistant sunscreen before leaving for school.
- Act as positive role models by practising SunSmart behaviour.
- Support the school's sun protection policy and help design and regularly update the policy.

Students will:

- Be aware of the school's sun protection policy.
- Take responsibility for their health by being SunSmart
- Comply with SunSmart rules and guidelines wearing suitable hats and clothing.
- Apply SPF 30+ broad spectrum, water resistant sunscreen 20 minutes before going outdoors.
- Use shaded or covered areas outdoors.



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- Act as positive role models for other students in all aspects of SunSmart behaviour.
- Be actively involved in initiatives to protect the school community from over-exposure to the sun.
- Students and staff are encouraged to wear close fitting, wrap-around sunglasses that meet the Australian Standard 1067 and cover as much of the eye area as possible.
- Help design and regularly update the SunSmart policy.
- Participate in SunSmart education programs.

Curriculum

- Programs on skin cancer prevention and vitamin D are included in the curriculum for all year levels.
- SunSmart behaviour is regularly reinforced and promoted to the whole community.

Relevant links and documents

SunSmart UV Alert: available as a free SunSmart app, online (sunsmart.com.au or bom.gov.au/weather/uv), in the weather section of newspapers, or as a free widget to place on your website. The sun protection times show when the UV is forecast to be 3 or above.

Be SunSmart, Play SunSmart by Anne Stonehouse Includes suggested play experiences to help encourage children to play the SunSmart way and incorporates concepts from the new learning and development frameworks. (See link below.)

Songs, video clips, online learning modules and suggested play experiences available from www.sunsmart.com.au/childcare_and_schools/in_early_childhood_services

Create your own SunSmart poster: online SunSmart poster templates where children choose the scene, text, upload an image of their own face to place into the scene and print off their very own poster with them as the SunSmart star. There are sun protection, vitamin D and snow posters to choose from www.sunsmart.com.au/createposter

SunSmart UV Alert: The SunSmart UV Alert indicates daily weather forecasts including temperature, local UV levels and times sun protection is or isn't needed. This is available in the weather section of the newspaper, on the SunSmart website at www.sunsmart.com.au, as a free smart phone app or as a widget that you can add to your website.

Creating effective shade: This online shade audit tool allows you to assess whether the existing shade at your service is adequate. It also helps you develop a list of practical recommendations to improve shade: www.sunsmart.com.au/shading-audit/intro

SunSmart SMART Notebook IWB lessons: Lessons include interactive tasks, quizzes, games and videos

Skin (by Alan Caswell): song [3Mb mp3 format] and lyrics [pdf]

Teaching and learning activities (VELS levels 1-4)

Generation SunSmart: Online sun protection learning modules

SunSmart Millionaire: How SunSmart are you? Online game

Coco and Buddy are SunSmart: 4 short animations about sun protection from Cancer Research UK. Watch and compare it to the Australian message. What are the similarities and differences?

Sunburn animation: Watch this Cancer Research UK animation to find out the difference between sunburn from UV and heat burn from something hot



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Bust a cell: An online interactive game focussed on cancer cells

Sid Seagull sings the Slip! Slop! Slap! Seek! Slide! song

SunSmart Countdown: song, associated activities and brochure

Evaluation

The staff, in consultation with school community members, will review the effectiveness of this policy each year and make any necessary changes.

They will:

1. Review the SunSmart behaviour of students, staff, parents and visitors and make recommendations for improvement.
2. Assess shade provision and usage and make recommendations for increases in shade provision.
3. Update and promote curriculum material relevant to SunSmart activities.