

**Holy Family Primary School
GOWRIE**



SUN SMART

Policy



Sun Smart Policy

Related Policies

CE Sun Smart Policy

Purpose

Australia has the highest rate of skin cancer in the world. Around 80% of all new cancers diagnosed each year are skin cancers. Skin cancer affects one in two Australians. Yet, skin cancer is almost totally preventable.

Childhood exposure to ultraviolet radiation is a major contributory factor in the later development of skin cancer, likewise adulthood exposure also plays an important role. Over-exposure to UV radiation has the potential to cause long term health problems for children and workers in relation to skin cancer. Our children are in the high-risk category. It is part of the school community's duty-of-care to protect itself against overexposure to the sun's UV.

This policy is reflected in the planning of all outdoor activities. A combination of sun protection will be required when UV levels reach 3 and above.

Due to Canberra's geographical location, daily UV levels reach 3 and above, for part or most of each day between August to May. Around June and July sun protection is generally not required in Canberra schools, this is to assist students and workers with their winter vitamin D needs.

Therefore the beginning of August is Hats on again for all of us, and the end of May is Hats off day.

Policy

To minimise this risk, as well as help educate the school community about this risk, Holy Family has undertaken the following initiatives:

1. Enforced a 'No Hat, Play in the Shade' policy.
2. Programmed the daily timetable to minimise the time children spend outside between 11:00am – 3:00pm in daylight saving.
3. Encouraged parents to provide roll-on sunscreen for children to apply prior to the Recess/Lunch breaks and to apply sunscreen to their child before school, especially during the daylight saving period.
4. Made use of the outside shaded areas.
5. Continued to plant new trees and invest in shade areas.
6. Shaded all fixed playing equipment and eating areas.

7. Reinforced and promoted Sun Smart behaviour to the whole school community via assemblies, newsletters and school website etc.
8. Update this Sun Smart Policy as required to meet high national Sun Smart standards.
9. Provided activities and information on sun protection across all the grades of the school.
10. Planted new trees around the school to provide more shade areas.
11. Our school and all its teachers and staff are aware of their Work Health and Safety responsibilities and duty of care when it comes to occupational UV exposure. All staff will be required to adopt a combination of sun protection behaviour when UV levels are 3 and above.
12. Encourages workers to familiarise themselves with the Daily Sun Smart UV Index.
13. Made SPF 30+ broad spectrum, water resistant sunscreen easily accessible throughout the school for all students and workers.
14. Appropriate sun protection clothing, including sports uniforms etc are included in our school's uniform code.

Procedures

The following strategies are in place to ensure that all children and workers attending Holy Family are protected as much as reasonably practicable from skin damage caused by the harmful ultraviolet rays of the sun.

1. Children will wear shirts/polo tops that cover the shoulders with collar and sleeves. Shorts and skirts will be longer length.
2. All children will wear Legionnaire style, broad-brimmed hats or bucket styled hat (with a deep crown and brim width of at least 6 cm) whenever they are outdoors between August and May or when UV levels are 3 and above.
3. Children who do not have their hats with them will sit on the shaded seats outside the Admin building in the courtyard. They may use the Library as an alternative.
4. The school will encourage children that do choose to wear sunglasses outdoors. A close fitting wrap around pair will offer best protection (AS 1067).
5. Children will be encouraged to use available areas of shade for outdoor play activities, especially during the daylight saving period.
6. Outdoor activities will be held in areas of shade, whenever possible, especially during the daylight saving months.
7. Teachers will minimise outdoor activities between 11:00am-3:00pm daylight saving, whenever possible.
8. Staff will be required, whilst visitors to the school will be encouraged, to act as role models by demonstrating Sun Smart behaviours by:
 - wearing protective hats and clothing for all outdoor activities
 - applying sunscreen; and seeking shade whenever possible

9. The Library will remain open at lunchtime as an alternative to outdoor activities.
10. Children are encouraged to apply sunscreen before the Recess and Lunch eating times.
11. Shade must be considered when organising outdoor activities, such as excursions, camps and sporting carnivals.
12. Hats must be worn for PE / Sport activities between August and May, i.e. when UV levels are 3 and above.
13. Beanies may be worn as an alternative to hats in Winter months in around the June and July months when daily UV levels are low (under 3) in Canberra.
14. Holy Family will provide Sunscreen for students on special sporting days eg Swimming, Cross Country and Athletics Carnivals. Children will also be encouraged to wear a rash shirt (or at least a t-shirt) when attending outdoor swimming carnivals.

Future Directions

Holy Family School will:

1. Endeavour to be awarded national Sun Smart status.
2. Continue to provide shaded areas as the need arises.
3. Continue to supply and encourage the use of SPF 30+ broad spectrum, water resistant sunscreen by children and staff.
4. Continue to educate the children about the potential dangers associated with over-exposure to of UV radiation, and the balance between sun exposure and vitamin D needs through the school curriculum.
5. Post the Sunsmart Policy on the school's website www.holyfamily.act.edu.au website.
6. Continue, through Cancer Council ACT to monitor new developments in regards to the protection of children.
7. Continue to raise awareness of our Sunsmart Policy through the newsletter, P and F meetings and school web site.

References

<http://www.actcancer.org/sun-smart/Free-SunSmart-Apps-and-Web-Widget.aspx>

Forms

Nil

Approved by:	Holy Family School Board
Implementation Date:	2014
Policy last Updated:	November 2014
School Contact Officer:	Anne-Marie Marek