Our Lady of Hope School
Greenwith

POLICY DOCUMENT

Sun Protection
RATIONALE

Australia has the highest incidence of skin cancer in the world with 4 out of 5 Australians developing skin cancer at some time in their life. Skin damage, including skin cancer, is the result of cumulative exposure to the sun’s ultra violet radiation (UVR). Much of the damage occurs during childhood and adolescence.

It is estimated that 80% of these concerns are preventable by the development of safe practices and limited exposure to ultra violet rays.

As children are at school during the high ultra violet risk period each day for 5 days each week, the school has the potential to significantly reduce the level of sun exposure sustained by children.

PURPOSE:

To ensure that all students attending school and/or participating in school-approved activities are protected from skin damage caused by harmful ultra-violet rays.

IMPLEMENTATION

This policy is to be implemented all year round.

1. EDUCATION

- Incorporating Sun and Heat Protection activities in the curriculum including reflecting on the reasons for sun protection over the winter months and the importance of maintaining adequate vitamin D levels in children.
- Modelling of good Sun and Heat Protection policies by School Staff and Parents.
- Obtaining information and advice from The Cancer Council South Australia for students and Staff (kits, posters, pamphlets and stickers are available).
- At the beginning of the year consequences of sun safe behaviours will be taught within the curriculum
2. OUTDOOR ACTIVITIES
   - In Terms 1 and 4 outdoor activities will whenever possible, be scheduled before recess time. In the event of excessive heat, outdoor activities will be held either in the shade or in an indoor facility.
   - Encourage students to avoid direct exposure to the sun at recess and lunch times from September until the end of April, by suggesting they play in the shade of trees and shelters or spending time in the Resource Centre. (Children will stay indoors on days of extreme heat).
   - Ensure students avoid direct exposure to the sun by rescheduling of outdoor activities on days of extreme heat (Temperature over 37 degrees Celsius), especially from the beginning of September until the end of April, between 10am and 3pm and when UV is 3 and above, outside these times.
   - After school students will be encouraged to wait in shaded areas until they have been collected from school.

3. HATS
   - It is a requirement that all students will wear a hat during play and at other times as directed by the teacher. Students who do not have their hats with them during nominated play times will stay in an area protected from the sun, and a “no hat, no play” policy will exist.
   - Hat requirements: Hats that give good protection to the face, ears and back of the neck are to be worn by staff and children. Broad brimmed, legionnaire style or a bucket hat with a deep crown and a brim width of 6cms. Students must wear a school hat available from the Our Lady of Hope Uniform Shop. School hats meet the above requirements.
   - Hats stipulated by the school’s Code of Dress Policy must be worn.

4. SUNSCREEN
   - When students are outside for periods of longer than 20 minutes they will be encouraged to apply suitable UV protection SPF30+ broad spectrum sunscreen at least 15 minutes before any outside activity. All students will be required to supply their own SPF30+ broad spectrum sunscreen for use at school.
   - The school will provide SPF30+ broad spectrum sunscreen for staff.
   - Students representing Our Lady of Hope at sporting carnivals external to the school grounds are asked to apply sunscreen before attending the carnival and will be reminded by staff to re-apply sunscreen throughout the day. Children who forget their personal sunscreen will have access to school supplied sunscreen.

5. SUNGLASSES
   - Students are allowed to wear sunglasses for outdoor activities. Wrap around sunglasses are encouraged.
6. **HOT WEATHER POLICY**
   - On days when the estimated maximum temperature of 37°C is reached, as displayed by the Bureau of Meteorology, students will remain in classrooms or the resource centre during play time.
   - Allowing students to stop at frequent intervals on very hot days to take drinks
   - An early dismissal policy will not apply at Our Lady Of Hope as the School is fully air conditioned
   - In the case of campus, sporting competitions and practices held out of school hours, the sun protection policy/hot weather policy for that competition will apply. In the absence of a policy the school's policy will apply.

7. **STAFF**
   - The school provides SPF30+ broad spectrum to staff for use in staff first aid bum bags and also in the staff room.
   - The school will be proactive in restructuring activities for staff in the event of excessive heat.
   - *School staff should be aware that they are role models to students and are expected to meet SunSmart obligations by:*-
   - Practising sun-safe procedures
   - Wearing protective hats and appropriate clothing for all outdoor activities
   - Staff are encouraged to wear a broad brimmed, legionnaire or bucket style hat with a brim width of at least 6cms while involved in outdoor activities.
   - Using SPF30+ broad spectrum sun-screen protection
   - Seeking shaded areas when possible.

8. **PARENTS**
   - All parents will be made aware of the policy and the reasons for its implementation.  
   - *On enrolling a student, new parents will:*
     - Be informed of the school’s sun protection policy
     - Be encouraged to provide a suitable SPF 30+ sunscreen for their child’s use
     - Be encouraged to practice skin protection behavior themselves.

9. **SCHOOL**
   - The school will seek to increase shaded areas for outside activities finances permitting.

10. **OUT OF SCHOOL ACTIVITIES / EXCURSIONS**
    - All students are to be encouraged to wear a rash vest or close fitting T-shirt over bathers for outdoor swimming activities as well as hats and sunscreen.
    - All students are encouraged to provide their own sunscreen

   (Chairperson) 
   (Principal)

   16 March 14  
   (Date)

   12/3/14  
   (Date)