SUNSMART POLICY

INTRODUCTION
In recognising that sun exposure delivers the benefit of Vitamin D for energy and bone development and that ultraviolet radiation from the sun causes a number of short-term (acute) and long-term (chronic) effects, the philosophy of prevention is better than cure is adopted for sun protection at St Mary’s Parish School (St. Mary’s).

The School, acting out on its responsibility to provide guidance and education, has an obligation to the school community to be vigilant in providing protection from skin damage caused by the ultraviolet rays of the sun and providing responsible sun exposure for Vitamin D development.

OBJECTIVES
- To provide protection as far as reasonably practicable from the dangers of exposure to the sun
- To ensure personal responsibility is taken to avoid acute and chronic effects of sun

POLICY AIMS
The aims of the St. Mary’s SunSmart Policy are to promote:
- positive attitudes towards sun protection
- Lifestyle practices which can help reduce the incidence of skin damage
- Personal responsibility for, and decision making about, skin protection
- An awareness of the importance of environmental conditions on our school with the aim of reducing the level of exposure to the sun

VALUES
Responsibility, Protection, Equity

RATIONALE
This policy aims to protect students, as far as reasonably practicable, from the dangers of exposure to the sun.
- Australia has the highest incidence of skin cancer in the world
- Two out of three Australians develop skin cancer
- 4000 new cases and 1000 deaths are recorded each year
- UVR cannot be seen or felt, UVR levels are not related to temperature
- Skin damage can occur even on cloudy days
- The eyes can also be damaged from long term exposure to UVR

POLICY
General
1. St. Mary’s support a 'no hat - no play' sun protection policy. That is, students are required to use shade and refrain from active play when outside if they are not wearing appropriate hats. This applies in:
   a. term 1 and
   b. term 4
2. The school shall require children to wear brimmed hats which shade the face, back of neck and ears whenever they are outside especially between 11.00am and 3.00pm during daylight savings (10.00am & 2.00pm other times)
3. All reasonable efforts will be made by the school to ensure that hats and protective clothing are worn daily during the stipulated periods of compulsory hat wearing
4. To help maintain winter vitamin D levels, sun protection measures are not used during terms 2 and 3.

School Clothing and Hats
Sun protective clothing is included in our school uniform or dress code and sports uniform in the following ways:
1. The summer uniform/dress code includes a shirt with elbow length sleeves and a collar that sits close to the neck, above the collarbone
2. The sport uniform/dress code includes a shirt that covers the shoulders well and a collar that sits close to the neck, above the collarbone
3. Students and staff are required to wear hats that protect their face, neck and ears (i.e. broad brimmed or bucket hats), whenever they are outside
4. Rash vests or T-shirts are compulsory for outdoor swimming, when students are waiting to compete
5. The school shall take all reasonable attempts to provide:
   a. guidance to the uniform supplier to ensure that uniforms are loose fitting, light and breathable and
   b. standard hats for purchase that meet the policy criteria.

Responsibilities
1. St Marys shall ensure that:
   a. new families are notified of the protective hat and uniform requirements at the time of acceptance of a placement
   b. outdoor assemblies are scheduled early in the day or in an area where all students are shaded
   c. outdoor activities are scheduled before 10am or after 2pm (11am and 3pm daylight saving time) where possible
   d. the SunSmart policy is reflected in planning all outdoor events (e.g. camps, excursions, sporting events)
   e. Regularly reinforce and promote SunSmart behaviour to the whole school community through newsletters, parent meetings, staff meetings, school assemblies, student and teacher activities
   f. School grounds can be accessed for the purposes of shade from:
      i. 8.30am for morning drop off
      ii. 3.20pm for afternoon pickup
   g. shade provisions in future developments of school grounds are considered and applied to any plans
2. Work towards maintaining the number of shelters and trees, to provide adequate shade in the school grounds where practical
   As part of OHS UV risk controls and role modelling, staff shall demonstrate appropriate SunSmart behaviours to students and parents by:
   a. wearing appropriate hats and clothing in the sun, particularly on playground duty and during sporting and excursion activities
b. applying broad spectrum water resistant sunscreen on exposed skin

3. Parents/Care Givers of students at St Mary’s Primary School have a responsibility and obligation to:
   a. support the ‘no hat no play’ policy
   b. provide appropriate sunscreen to their children for application prior to school commencement or prior to recess and lunch breaks
   c. model and reflect sun smart behaviours and ensure that where attending school excursions, camps, sports days and other outdoor school activities appropriate hat and clothing are worn.

Scheduling
1. This policy is considered in the planning of all outdoor events such as assemblies, camps, excursions and sporting events.
2. Where possible, outdoor activities/events will be scheduled to minimise time in direct sun e.g. earlier in the morning or later in the afternoon
3. Shaded and indoor venues will be considered.

School Curriculum and Education
1. St Mary’s shall collaborate with staff and students of the school to develop and monitor classroom programs which complement health and physical education curriculum in the area of sun protection
2. The school shall incorporate educational programs on skin cancer prevention and healthy UV exposure for vitamin D into appropriate areas of the school curriculum
3. Students are encouraged to be involved in initiatives to promote and model appropriate UV exposure measures to the whole school community
4. Appropriate UV exposure measures are regularly reinforced and promoted to the whole school community
5. community through a variety of channels such as newsletters, staff meetings and school assemblies.

Wearing of Sunscreen
1. The schools supports the regular use of broad spectrum and water resistant SPF 30+ sunscreen on exposed skin that cannot be protected by clothing
2. The daily application of sunscreen should occur before school and it is the responsibility of the student to reapply prior to lunch break on appropriate days
3. Parents are encouraged to supply 30+ broad spectrum and water repellent sunscreen as part of their child’s school bag daily equipment
4. Sunscreen is available from classroom teachers for situations where students have not provided it, where they have forgotten it and at outdoor events.
5. Where practicable students should be given opportunities to apply sunscreen 20 minutes prior to the lunch break and before participating in outdoor activities
6. Students will be encouraged to apply sunscreen themselves however staff will exercise judgement as to whether some students (particularly prep students) should be supervised when applying sunscreen
**Related Documents**


4. SunSmart sunsmart.com.au

**Related School Policies**

- Playground Policy
- Safety in the school grounds Policy
- Parents as Partners in Catholic Education