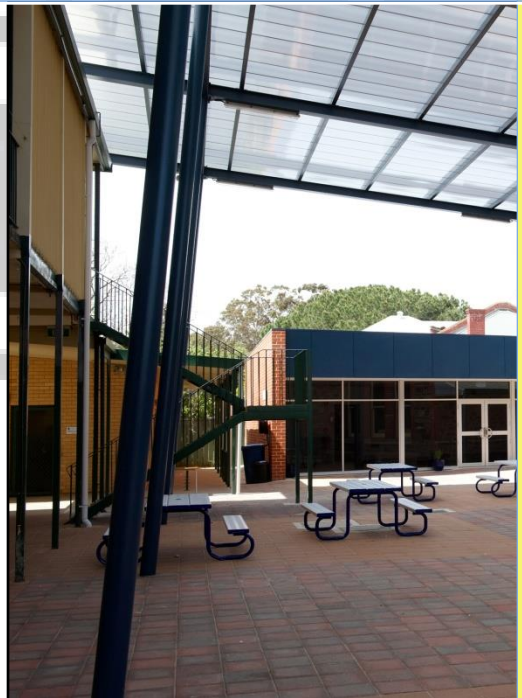




St Raphael's School | 2022

Sun Smart Policy





Aims

The aim of St Raphael's School Sun Smart Policy (The Policy) is to promote among students, staff, parents/caregivers, volunteers, contractors and visitors:

- Positive attitudes towards skin protection
- Lifestyle practices that can help reduce the incidence of skin cancer
- Personal responsibility for and decision making about skin protection

This Policy is in conjunction with CESA WHS Sun Safe Policy Number 7.

Implementation

The Policy is for implementation throughout the whole school year, with particular relevance from 1 August to 30 April and when the ultraviolet radiation level is 3 (moderate) and above at other times.

The purpose of the Policy is to ensure that all members of our school community, including Out of School Hours Care programs (OSHC), are protected from skin damage caused by harmful ultraviolet rays from the sun.

Before school care: sun protection is not required, as the UV Index is rarely 3 and above at this time. During terms 1 and 4 it is recommended to apply sunscreen to assist with sun protection for the remainder of the day (optional). If your OSHC service is at the same premise as the primary school, you may like to implement hat wearing before school to comply with the school's policy.

After school care: sun protection is required during terms 1 and 4, and whenever the UV is 3 and above at other times. Staff are encouraged to access the daily local sun protection times to determine if sun protection measures are required during terms 2 and 3.

Vacation care: sun protection is required for all outdoor activities from 1 August to 30 April and whenever the UV is 3 and above at other times.

All members of the school community are expected to follow skin protection strategies.

1. Avoid or eliminate extended activities in direct sun.
 - 1.1 School assemblies will be held either indoors or in a shaded area.
 - 1.2 Use shaded areas where possible when outdoors in the sun.
 - 1.3 A combination of skin protection measures is considered when planning outdoor events (e.g. camps, excursions, sporting activities and swimming carnivals).
2. Wear appropriate clothing, which protects the skin. Appropriate sun protective clothing is included in the school uniform/dress code. Clothing made of a closely woven material including tops with collars and longer sleeves.
 - 2.1 Students, staff, parents, volunteers, contractors and visitors will be expected to wear a broad-brimmed hat (not a cap) whenever involved in outside school



activities. Students and staff on duty must wear hats during recess, lunch and outdoor activities from 1 August to 30 April, and on any day when the UV alert is 3 and above. Students not wearing a hat will be asked to move to a shaded area of the school and miss out on play and activities. (No hat –Play in the shade).

- 2.2 Caution is urged during 1 May to 31 July should the UV alert reach 3 and above on any day.

To check the daily UV levels, go to <http://www.bomgov.au/sa/uv>

It is important to balance sun protection with safe sun exposure for the production of Vitamin D for bone growth and development. During 1 May to 31 July, at times when the UV radiation level is below 3, sun protection for most people is not necessary. Sensible sun protection when the UV is 3 and above does not compromise Vitamin D production.

(Excerpt from Cancer Council SA web-site – March 2019)

- 2.3 Students will be expected to wear suitable clothing that conforms to sun-safe requirements when attending OSHC and on camps, aquatic activities, extra-curricular sporting activities and excursions. Examples are elbow length or long sleeves and collars, longer style dresses and shorts or long pants.
3. Apply a broad spectrum sun screen with a SPF of 30+ to clean, dry skin, 10-15 minutes before going outdoors. Reapply sun screen every two hours if outdoors for a prolonged period of time, or more frequently if swimming or perspiring. Students are responsible for applying their own sunscreen.
- 3.1 From 1 August until 30 April, students will be encouraged to apply sun screen before coming to school in the mornings and again 15 minutes before going out to lunch.
- 3.2 Students will be encouraged to supply their own sun screen although sun screen will be supplied in each classroom, and in the staffroom for staff.
- 3.3 Students will be encouraged to reapply sunscreen if they are involved in outdoor activities after 11:15am. 11:20 am. Adequate time must be allowed for students to do this.
4. Reinforcing the Sun Smart message in classroom activities and in general school procedures are important strategies in the adoption of the skin protection behaviours.
- 4.1 For Work Health and Safety and role modelling, when the UV is 3 and above, staff are required to practice SunSmart behaviours including wearing sun protective clothing, sunscreen, appropriate hats and sunglasses and seek shade when outdoors.



- 4.2 Duty teachers will be required to wear a broad brimmed hat from 1 August until 30 April *and whenever the UV is 3 and above at other times.*
- 4.3 Staff will be kept up to date with information and resources through the Cancer Council SA – “Sun Smart Newsletter for primary schools and early / childhood centres” and or by accessing information on the Cancer Council website:
www.sunsmart.org.au
- 4.4 Families and staff members are made aware of the Sun Smart policy.
- 4.5 Visitors and parents are encouraged to role model SunSmart behaviours when participating in or attending outdoor activities with the school.
- 4.6 Programs on skin cancer prevention are included in the curriculum of all year levels or every second year.



The sun protection policy is reviewed regularly (at least every three years) to ensure that the information remains current and relevant.

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