Sun Protection Policy

for

- Out of School Hours Care
- Preschool
- All students & Staff at St. Joseph’s Payneham
- Parents, Visitors, Volunteers
- All outdoor events organised by the School
  (Eg. Camps, Sports Day, Walkathon, Picnic day, Excursions, sporting activities, swimming lessons, carnivals, sports team practices, outdoor P.E. Lessons)

Updated: May 2015

Review Date: May 2017
Rationale
Australia has the highest rate of skin cancer in the world:
• two out of three Australians develop skin cancer (Cancer Council Australia 2015)
• nearly all skin cancer can be prevented by protecting the skin from overexposure to UV radiation.
• Over 750,000 new cases and 2,000 deaths are recorded each year (Cancer Council Australia 2015)
• UVR cannot be seen or felt, UVR levels are not related to the temperature
• skin damage can occur even on cloudy days
• the eyes can also be damaged from long term exposure to UVR.

Sun protection is therefore a year round issue and in particular when the Ultra-violet index is 3 and above. Reinforcing the use of SunSmart measures when the UV index is 3+ is vital in protecting the skin and eyes and reducing the risk of developing skin cancer.

Aims
The aims of Saint Joseph’s School’s Sun Protection Policy are to promote:
• positive attitudes toward skin protection
• lifestyle practices which can reduce the incidence of skin damage
• personal responsibility for, and decision making about, skin protection
• an awareness of the importance of environmental conditions in our school with the aim of reducing the level of exposure to the sun.

Implementation
The following procedures are for the implementation from the 1st September until the 30th April and when the UV levels rise to 3 or above at other times. When the UV radiation levels are below 3, sun protection is not required to allow sun exposure for vitamin D. To assist with the implementation, staff and students are encouraged to check the daily UV alert via www.bom.gov.au/sa/uv.

Positive attitudes toward skin protection
Health and Physical Education lessons to cover material aimed to increase the student’s knowledge of the causes, prevention and detection of skin damage and skin cancer. This includes updating skin protection curriculum information and material. The policy will be reinforced through newsletters, displays, activities, assembly announcements and all new staff and families will be informed of the policy.

Hats
All students are expected to wear the school legionnaire style hat whenever outside; including before and after school when the UV index is 3+.
A “No Hat, Play in the Shade” policy operates within the School and Preschool. Preschool children are expected to wear broad brimmed, bucket or legionnaire hats while at Preschool. Caps are not a suitable hat.
Any student not wearing a hat will be expected to play in the shade under the verandah.
Hats & OSHC: OSHC Sun Protection Policy ensures children, staff and visitors use a combination of sun protection practices whenever the UV is 3 and above. At After school care, it is important to monitor the UV radiation daily. Children attending before school care do not need to practice SunSmart behaviours as the UV radiation levels are rarely above 3 before this time.

Sunscreen
All staff and students are asked to supply their own (SPF 30+) or higher broad spectrum, water resistant sunscreen throughout the year whenever the UV Index is 3 or above and especially during swimming lessons week. Preschool children are encouraged to apply sunscreen at home. Sunscreen will be encouraged to be applied 20 minutes before going outdoors and every 2 hours when outdoors. Parent may like to supply specific sunscreen for their children which needs to be applied accordingly.

Scheduling of outdoor activities
Teachers timetable the use of outdoor activities where appropriate and give consideration to:
- appropriate UV protection safeguards
- times of the year when UVR levels are at their highest
- times of the day recognised as periods of maximum radiation intensity
- use of hats and sunscreen
- use of appropriate shade areas.
- Use wrap-around sunglasses with UV protection (where applicable considering age)
- outdoor sports and fitness lessons scheduled in the shade when the UV index is high.

Staff, parents and visitors at school events, sports coaching, Preschool and OSHC outdoor activities are encouraged to actively promote and role model the Sun Protection Policy by using hats or umbrellas when outdoors. For more information, contact Cancer Council Helpline 13 11 20. St. Joseph’s School Sun Protection Policy will be successful and effective with the support of the whole school community. St Joseph’s is a SunSmart School.

Shade
The School Board (governing School, OSHC, Preschool) is committed to working towards more shade in the future
Students and Preschool children are encouraged to use shade
Preschool activities are set up in the shade
Shade is considered when planning outdoor activities or excursions

Sun Protection Awareness through the curriculum
- Reception to Year 7 students integrate Sun Protection into the Health curriculum
- Out of School Hours Care follow the National Quality Standards with regards to health and safety and reinforce SunSmart strategies during OSHC hours.
- St Joseph’s Payneham Preschool follow the National Quality Standards and implement Sun Protection Awareness through the Early Years Learning Framework.
Protective Clothing

Students are expected to wear school uniform which offers adequate sun protection including shirts with collars and longer style skirts, trousers, dresses and shorts.

Parents are encouraged to dress their preschool children in clothing that includes tops and shirts with collars and longer style sleeves and longer style skirts, trousers, dresses and shorts.

Role Modelling

Staff, visitors and parents are encouraged to actively promote and role model the Sun Protection Policy by using hats, sunscreen, appropriate clothing and seeking shade or umbrellas when outdoors. For more information, contact the Cancer council 13 11 20.

Staff and Parent modelling

It is important that adults are respectful and show positive role models for younger people with regards to sun protection. This is by way of teaching the students as well as actually using the same sun protection strategies to minimize the risk of sun damage.

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Cover up!

- **Wear sensible clothing**  
  (cover arms & legs when the UV index is 3+)

- **Apply SPF 30+ broad spectrum, water resistant sunscreen**

- **Wear a hat when outdoors**
  (Broad brimmed, legionnaire or bucket style)  
  (especially between September and end of April)

- **Seek Shade**
  (stay out of the sun during peak UV times of the day)

- **Slide on wrap around sunglasses** in summer

- **Drink plenty of water in Summer**

When the UV index is 3 and above, use a combination of the skin protection measures to keep you well protected.
1. Wear clothing that covers as much skin as possible

2. Slop on broad spectrum 30+ sunscreen

3. Wear a broad brimmed, legionnaire or bucket hat

4. Seek shady areas

5. Wear wrap around sunglasses that meet Australian standards