

SUN PROTECTION POLICY

OUT OF SCHOOL HOURS CARE
PRESCHOOL
ALL STUDENTS AND STAFF AT ST JOSEPH'S PAYNEHAM
ALL OUTDOOR EVENTS ORGANISED BY THE SCHOOL – ON SITE AND OFF SITE (e.g. camps, excursions, sporting activities, swimming lessons, carnivals, sports team practices)

Updated: September 2024

Review Date: September 2027

RATIONALE

A balance of ultraviolet (UV) radiation exposure is important for health. Too much of the sun's UV radiation can cause sunburn, skin and eye damage and skin cancer. Sun exposure during childhood and adolescence is a major factor in determining future skin cancer risk.

Too little UV radiation from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health. Sensible sun protection when UV is 3 and above does not put people at risk of vitamin D deficiency.

Sun protection is a year-round issue and in particular when the Ultra-violet index is 3 and above.

OBJECTIVES

This sun protection policy has been developed to:

- encourage the entire school community to use a combination of sun protection measures whenever UV Index levels reach 3 and above
- work towards a safe school environment that provides shade for students, staff and the school community at appropriate times
- assist students to be responsible for their own sun protection
- ensure families and new staff are informed of the school's sun protection policy.

PROCEDURES

Staff are encouraged to access the daily sun protection times on the **SunSmart app**, **myuv.com.au** or **bom.gov.au/uv/index.shtml** to assist with implementing this policy.

The preschool, primary school and OSHC service uses a combination of sun protection measures for all outdoor activities during terms 1, 3 and 4, and whenever UV levels reach 3 and above at other times. A combination of skin protection measures are considered when planning outdoor events (e.g. camps, excursions, sporting activities and swimming carnivals).

Clothing

- Sun protective clothing is included in the school uniform/dress code and sports uniform. The clothing is cool, loose fitting and made of closely woven fabric. It includes shirts with collars and elbow length sleeves, longer style dresses and shorts and rash tops or t-shirts for outdoor swimming.

Sunscreen

- SPF 50 or higher broad-spectrum, water-resistant sunscreen and supplied for staff use only, to be applied when the UV Index is 3 and above.
- Students must provide their own SPF 50 or higher broad-spectrum, water-resistant sunscreen, especially if they have an allergy to the sunscreen.
- Students are encouraged to apply sunscreen before school when the UV forecast for the day will reach 3 and above.
- Sunscreen is applied at least 20 minutes before going outdoors and reapplied every two hours.
- Strategies are in place to remind students to apply sunscreen before going outdoors (e.g., reminder notices).
- In Preschool, when the UV Index is 3 and above, children are supervised to apply sunscreen before outdoor play. Parents are responsible to apply in the morning. SPF 50 or higher broad-spectrum, water-resistant sunscreen is available and if the children use any specific one due to allergy, they are required to bring their own in their school bag.

Hats

All students and staff are required to wear hats that protect their face, neck, ears and bucket hats whenever they are outside during terms 1, 3 and 4 and whenever the UV is 3 and above at other times. Bucket hats are sold at the school. Baseball or peak caps are not acceptable.

OSHC Sun Protection Implementation Times

Before school care: sun protection is not required, as the UV is rarely above 3 at this time.

After School Care: sun protection is required during terms 1 and 4, and when the UV is 3 and above at other times.

Vacation Care: for all outdoor activities from 1 August to 30 April, and when the UV is 3 and above at other times.

Shade

- A shade audit is conducted regularly to determine the current availability and quality of shade.
- The school council ensures there is a sufficient number of shelters, portable shade structures and trees providing shade in the school grounds, particularly in areas where students congregate (e.g. canteen, outdoor lesson areas and popular play areas).
- The availability of shade is considered when planning excursions and all other outdoor activities.
- In consultation with the school council, shade provision is considered in plans for future buildings and grounds.
- Care is taken during the peak UV radiation times, and outdoor activities are scheduled outside of these times or in the shade where possible. Sports days and other outdoor events to be held during term 2 or earlier in the day where practical.
- Students are encouraged to use available areas of shade when outside.
- Students who do not have appropriate hats or clothing are asked to play in the shade or a suitable area protected from the sun.

Sunglasses (optional)

Students and staff are encouraged to wear close fitting, wraparound sunglasses that meet the Australian Standard AS/NZS 1067.1:2016 (Sunglasses: lens category two, three or four) and cover as much of the eye area as possible. Novelty tinted glasses do not protect against UV radiation and are not recommended.

Staff WHS and role modelling

As part of WHS UV risk controls and role modelling, when the UV is 3 and above staff will:

- Wear sun protective hats, clothing and sunglasses when outside
- Apply SPF 50 or higher broad-spectrum, water-resistant sunscreen
- Seek shade whenever possible.

Families and visitors are encouraged to use a combination of sun protection measures (e.g. sun protective clothing and hats, sunglasses, sunscreen and shade) when participating in and attending outdoor school activities.

Curriculum

- Programs on skin cancer prevention are included in the curriculum for all year levels.
- SunSmart behaviour and this policy is regularly reinforced and promoted to the whole school community through newsletters, school homepage, parent meetings, staff meetings, school assemblies, student and teacher activities and in student enrolment packs.

LEGISLATION

This policy relates to the following National Law and Regulations:

- Education and Care Services National Law Act 2010 - Section 167 - Protection from harm and hazards
- Education and Care Services National Regulations 2011 - Regulation 100 - Risk assessment must be conducted before excursion
 - Regulation 113 - Outdoor space – natural environment
 - Regulation 114 - Outdoor space – shade
 - Regulation 168 - Policies and procedures (2)(a)(ii) – sun protection
 - Regulation 170 - Policies and procedures to be followed
 - Regulation 171 - Policies and procedures to be kept available
 - Regulation 172 - Notification of change to policies or procedures.
- Work Health and Safety Act 2012

NATIONAL QUALITY STANDARDS

All of the following SunSmart procedures link to:

- Quality area 2: Children's health and safety.

There are also links to:

- Quality area 1: Educational program and practice
- Quality area 3: Physical environment
- Quality area 5: Relationships with children
- Quality area 6: Collaborative partnerships with families and communities
- Quality area 7: Governance and leadership.

MY TIME OUR PLACE

The sun protection procedures link to the following outcomes in the learning framework:

- Outcome 2: Children are connected with and contribute to their world
- Outcome 3: Children have a strong sense of well-being
- Outcome 4: Children are confident and involved learners
- Outcome 5: Children are effective communicators.

POLICY REVIEW

The school council and staff regularly monitor and review the effectiveness of the sun protection policy (at least every three years) and revise the policy when required.

Date of next policy review: September 2027

RELEVANT RESOURCES

Sun protection times

The sun protection times show when the UV is forecast to be 3 and above. They can be accessed via the free **SunSmart app**, the free widget to place on your website (download via cancersa.org.au/cut-my-risk/sunsmart/resources/sunsmart-app-and-widget), myuv.com.au, in the weather section of the newspaper or the Bureau of Meteorology website bom.gov.au/sa/uv

Creating effective shade

This online shade audit tool allows you to assess whether your existing shade is adequate. It also helps you develop a list of practical recommendations to improve both built and natural shade.

Visit sunsmart.com.au/shade-audit

Kidskin

Online sun protection curriculum resource for lower, middle and upper primary years.

Visit kidskin.generationsunsmart.com.au

Generation SunSmart

Fun and interactive online sun protection modules for teachers, school nurses and year six to nine students.

Visit generationsunsmart.com.au.

SunSmart millionaire

How SunSmart are you? An innovative online game-based resource for children aged nine to 13 years that promotes the science behind the SunSmart message.

Visit app.education.nsw.gov.au/rap/resource/access/a0d1bab8-c857-4bf6-9b95-640d3776b20d/1

SunSmart hat-wearing toolkit

Leads staff through simple steps, with useful tips and resources, to reinforce current SunSmart hat-wearing behaviour to reach 100 per cent compliance or to phase out baseball caps.

Visit cancersa.org.au/prevention/sunsmart/sunsmart-resources/hat-wearing-toolkit

The St Joseph's Payneham Sun Protection Policy was updated: September 2024

Ratified by:

School Board Chair:

Name: Ernie Icolaro

Signature: 

Date: 07 / 08 / 2024

School Principal:

Name: Simon Mechis

Signature: 

Date: 8 / 8 / 2024

PROCEDURES

Cover up!

- **Wear sensible clothing**
cover arms & legs when the UV index is 3 and above
- **Apply 50 or higher broad-spectrum water-resistant sunscreen** (when the UV index is 3 and above)
- **Wear a hat when outdoors**
in Term 1, 3 and 4 and when UV index is 3 and above
- **Seek Shade**
in particular during peak UV times of the day
- **Slide on wrap around sunglasses**

When the UV index is 3 and above, use a combination of the five skin protection measures to keep you well protected.

1

Wear clothing that covers as much skin as possible

Slip

2

Slop on broad spectrum water resistant 50 or higher sunscreen

Slop

3

Wear a broad brimmed, legionnaire or bucket hat

Slap

4

Seek shady areas

Seek

5

Wear wraparound sunglasses that meet Australian standards

Slide

