



St Joseph's Memorial School

Kensington and Norwood

A Catholic educational
setting in the Josephite
tradition

St Joseph's Memorial School

Sun Protection Policy

RATIONALE

Australia has one of the highest incidence of skin cancer in the world with two out of every three people being diagnosed with skin cancer before aged 70.

Skin damage, including skin cancer, is the result of cumulative exposure to the sun. UV radiation differs from infrared radiation that we feel as heat. UV levels are determined by a number of factors including angle of earth to the sun, but are unrelated to temperature, and UV levels can be high on cool or cloudy days. Damage from UV radiation is cumulative and irreversible.

Melanoma is the most common cancer in 12-24 year olds, and sun exposure during childhood and adolescence is a critical factor in determining future skin cancer risk.

Cancer Council SA advises people to protect their skin at times when the ultraviolet (UV) radiation level is 3 and above. This is when it is strong enough to cause damage to unprotected skin. For much of South Australia, UV radiation levels are 3 and above every day from the start of August to the end of April and it is during these months that sun protection is necessary.

In line with Cancer Council SA's SunSmart guidelines, sun protection measures are in place from the **1st August until 30th April, and whenever UV radiation levels are 3 and above at other times**. It is highly recommended that UV radiation levels are monitored, particularly from May to July as they may still be 3 or above depending on your location. Cancer Council also recommends that particular care should be taken between 10.00 am and 3.00 pm, when the radiation levels are at their highest.

It is important to balance sun protection with safe sun exposure for the production of vitamin D for bone growth and development. During May to 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 put people at risk of vitamin D deficiency.

AIMS

The aim of St Joseph's Memorial School Sun Protection Policy is to promote amongst children, staff and all adults,

- Positive attitudes toward skin protection
- encourage the entire school community to use a combination of sun protection measures whenever UV Index levels reach 3 and above.
- assist students to be responsible for their own sun protection.
- ensure families and new staff are informed of the school's sun protection policy.

IMPLEMENTATION

The Sun Protection Policy includes the following action:

- Avoid being in the sun as far as possible between the peak UV times of the day.
- Whenever possible, all outdoor activities should be scheduled outside of the peak UV times of the day, and conducted indoors, or in shaded areas of the school, where practical.
- Use of shady trees, pergolas, verandahs, tents and umbrellas wherever possible.
- When appropriate, the school community will be encouraged to bring umbrellas and shade tents for outdoor activities and excursions.
- The further provisions of shade will appear as a priority on any forward planning documents for the school.
- All members of the school community are expected to wear sun safe hats, or parasols, and sun safe clothing when involved in outdoor activities. Students not dressed appropriately will be asked to move to shaded areas.
- Baseball caps do not provide adequate sun protection and are not considered a suitable alternative. Parents are informed of this at their Parent meetings.
- Students will be required to apply 30+ broad spectrum, water resistant sunscreen to exposed skin 20 minutes before going outdoors, and reapplying 2 hourly if remaining outdoors.
- Students who wish to bring their own sunscreen need to be aware and follow the manufacturer recommendations.
- Students are to wear their school hat in Terms 1, 3 and 4 whenever outside. Students are to wear their school hat in Terms 2 when the UV rating is advertised as 3 or above for the day. Students who do not have a hat on these days will be required to stay in the shade – No Hat No Play.
- Students with allergic reactions to the sunscreen that the School provides will be required to bring their own and keep it in their bag.
- Students will be encouraged to apply their own sunscreen. Sunscreen is available for children, staff and visitors to use.
- Reinforcing the Sun Protection Policy will appear in all outdoor plans and parent information sheets, particularly for sporting activities.
- Staff will role model SunSmart strategies in all school activities.
- Students are required to bring personal water bottles with water to prevent dehydration. Bottles can be refilled from the School's drinking fountains.

- Skin Cancer Prevention will be an integral part of the school health curriculum.
- Staff will be kept up to date with information and resources through Cancer Council SA.
- Staff are educated about the OHS&W risks related to prolonged exposure to UV rays and it is expected that sun safe hats and clothing be worn during daily duties and at other times during the school day. Staff may choose to wear sunglasses that meet Australian Standards 1067:1:2016, or use umbrellas provided during the school day.
- All staff will access the daily sun protection times (on the staff padlet) to assist with implementing this policy.
- Should a parent or care-giver object to the application of sunscreen at any time they will need to provide a disclaimer to the Principal. This will then be incorporated in the Medical information for that child.
- The St. Joseph's Memorial School Sun Protection Policy is to be reviewed biannually.
- This Policy will be integrated as part of the induction process, for staff and families and to the St. Joseph's Memorial School Community.

Revision Record

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