



# SUN PROTECTION POLICY & PROCEDURES

Policy developed: 2010  
Review due: November 2023

*Serve the Lord with Joy*

Psalm 100:2

## **INTRODUCTION**

### **POLICY**

Our school is committed to sun safety and skin protection education and practices.

A sun protection policy has been developed to ensure that all students and staff are educated about sun safe behaviour and to have school practices aimed at protecting students and staff from skin damage caused by over exposure to the sun's ultraviolet rays. This policy is to be implemented all year, that is, everyday the school is operating.

### **INFORMATION**

Australia has one of the highest incidences of skin cancer in the world, with 2 out of 3 people developing some form of skin cancer before the age of 70.

There are three factors, often occurring simultaneously, which contribute to these statistics:

1. Ultraviolet light from the sun is of sufficient intensity to induce skin damage for much of the year in South Australia;
2. For most of this century, social values have supported the belief that a suntan is healthy and attractive;
3. Lifestyle, work, school and recreational habits expose people to the sun for long periods.

Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Much of the damage occurs during childhood and adolescence. Research suggests that skin damage not visible to the naked eye, sunburn and tanning is a contributor to skin cancer and other forms of skin damage such as wrinkles, sunspots, blemishes and premature aging. Most skin damage and skin cancer is, therefore, preventable.

Schools are ideally placed to help reduce the incidence of skin cancer and the number of related deaths by encouraging all members of the school community to use effective skin protection measures when the ultraviolet radiation level is 3 and above. Our school is committed to safe, sun smart education and practices.

### **AIMS**

The aims of the Policy are to promote among students, staff and parents:

- positive attitudes towards skin protection;
- lifestyle practices which help reduce the incidence of skin cancer and the number of related deaths;
- personal responsibility for and decision making about skin protection;
- awareness of the need for environmental changes in schools to reduce the level of exposure to the sun.

### **OSHC**

St John Bosco School also provides an Out of School Hours Care Service, which has its own Sun Protection Policy & Procedures which aligns to this policy.

## **PROCEDURES**

The following SunSmart strategies are implemented throughout the school year when the UV is 3 and above.

### **1. In Relation to Behaviour:**

Students are to wear the St John Bosco School bucket hat or legionnaire hat whenever they are outside for learning or play.

When the UV is below 3 students will not be required to wear hats as they need to have exposure to sunlight and Vitamin D. The UV will need to be monitored if there is an all-day outdoor activity, particularly in the winter months.

Students will be encouraged to apply a broad spectrum, water resistant sunscreen with a SPF of 30+ (or higher) to clean, dry skin, 20 minutes before going outdoors. Students reapply sunscreen every two hours when outdoors, or more frequently if swimming or perspiring. Students are educated and encouraged to take responsibility for sunscreen application.

Students will supply their own named SPF 30+ (or higher), broad spectrum, water resistant sunscreen.

When the UV level is 3 and above, students are encouraged to apply sunscreen before school in the morning and again 15 minutes before going out to lunch.

Students will be encouraged to reapply sunscreen if they are involved in outdoor activities after 11am. Adequate time must be allowed for students to do this.

The school encourages staff and parents, to act as role models by practicing SunSmart behaviour.

Students are encouraged to use available areas of shade for outdoor activities; trees, pergolas, umbrellas and tents. The further provision of shade areas will appear as a priority on future School development plans.

For school casual days when the uniform is not standard, students will be reminded to wear sun safe casuals with their school hat – closed shoes and tops covering shoulders is necessary for safety and SunSmart behavior.

### **2. In Relation to Communication:**

The school will display and regularly reinforce SunSmart behavior in a positive way through correspondence with parents via the St John Bosco Newsletter.

### **3. In relation to Environment:**

Whenever possible and practical, all outdoor activities will be scheduled before 10am and after 2pm in shaded areas (11am and 3pm daylight saving time).

Students are encouraged to sit in the shade or in their classrooms to eat lunch before moving off to play. When the temperature reaches 36 degrees or above PE lessons are facilitated indoors, students eat their lunches inside, yards are closed and students remain indoors for the day.

The Library will be open for student use during rostered lunch times as staff availability allows.

School sport practice sessions will be cancelled when the predicted daily temperature is 36 degrees or above. School sport games will be cancelled by the differing sporting bodies and associations governing the individual sports.

The monitoring of the UV level will be conducted regularly by looking at the Sun Smart UV Alert App available on smartphones and online.

#### **4. In Relation to Education:**

Skin cancer prevention/SunSmart behaviours form part of the Physical Education and Health Key Learning Area as appropriate.

Reinforcement of the SunSmart message in classroom activities and in general school procedures is an important strategy in the adoption of skin protection behaviours.

For WHS staff will be encouraged to role model appropriate SunSmart strategies in all school activities including wearing sun protective hats, clothing, sunscreen, sunglasses and seeking shade.

Staff will reinforce SunSmart practices in class, at assemblies and in Physical Education and Health lessons.

- Wear appropriate clothing which protects the skin:
- Students, staff and parents will be expected to wear a SunSmart hat whenever involved in outside school activities when the UV rating is 3 or higher as per the recommendations of Cancer Council SA.
- Students not wearing a hat will be asked to move to a shaded area of the school.

#### **5. In Relation to Evaluation:**

The Principal, Staff and School Board will monitor the policy and procedures to ensure it is followed and reviewed in the Policy review cycle of the school.