



# SUNSMART POLICY

## Scriptural Context

*“Teach a child how they should live, and they will remember it all their life.”*  
*Proverbs 22:6*

## Rationale

Australia has the highest incidence of skin cancer in the world. Overexposure to ultraviolet (UV) radiation from the sun during childhood and adolescence is known to be a major cause of skin cancer. UV radiation is the form of solar radiation that causes sunburn, skin cancer and other long-term skin damage (wrinkles, blotches and other signs of ageing). The period of greatest risk is two hours either side of solar noon, when the sun is directly overhead. Protection from UV is required all year round in most parts of Australia.

Students are at school throughout the high-risk period five days a week, and the crucial period for sustaining damaging levels of UV exposure occurs during the school years.

## Policy Statement

St Patrick’s School is committed to the provision of workable and effective strategies to protect the physical well-being of students, staff and parent volunteers who may be exposed to UV radiation from the sun in the course of their school activities. The school will ensure that:

- All members of the school community are aware of and actively support the Sunsmart Policy.
- The physical environment of the school offers protection from exposure to the sun for staff and students alike, where it is reasonably practicable to do so.
- Outdoor activities are scheduled when exposure to the sun is least harmful, whenever possible.
- Protective hats and clothing are worn by staff and students outdoors when deemed appropriate.
- A supply of an appropriate sunscreen lotion is maintained by the school.

## Implementation

### 1. Obligations

- The Principal will ensure that all students and their parents/carers are aware of the school’s policy and the expectation that they comply.
- All staff will assist in the monitoring of student compliance and report any situation that could be considered to be harmful.
- All staff will present a good role model to students by wearing hats and sunscreen themselves when involved in outdoor school activities.
- The staff will review the effectiveness of the policy regularly. They will review the sunsmart behaviour of students, staff, parents and visitors and make recommendations for improvements. This review will be in accordance with the requirements of Sunsmart registration.

## 2. Curriculum

- St Patrick's staff will update and promote curriculum material relevant to Sunsmart activities.
- Sun protection will be covered through the PDHPE curriculum each year.

## 3. Sun Safety Education

- The school will contact the Cancer Council to receive updated information as required.
- The Sunsmart Policy will be promoted through the Staff Handbook and the Parent Information Book.

## 4. Uniforms and clothing

- Every student shall wear a regulation broad brimmed school hat during outdoor activities and for excursions. Children are able to wear approved (Australian Standard 1067) wrap-around sunglasses as part of the uniform.
- On enrolment of their child/ren, parents sign a form acknowledging that the school uniform will always be worn according to the Uniform Policy. This takes into account the correct hat and appropriate clothing, which complies with the Cancer Council.
- The school will apply the "no hat, no play" rule.
- Staff are required to wear hats when exposed to the sun during outdoor activities and playground supervision.
- Parents will be encouraged to wear hats and sunscreen when assisting with school-based outdoor activities such as sports days and working bees.
- Rash shirts for swimming are recommended as sun safe swim wear.
- Outdoor workers (i.e. any maintenance staff) are encouraged to wear wide brimmed hats and long sleeve shirts for sun protection.
- On mufti days students may be allowed to wear casual clothes for special occasions. e.g. St Patrick's Day. On these days students are to wear clothing that covers shoulders and midriffs. Footwear is to be enclosed. Parents are to be informed through the newsletter and/or homework notes.

## 5. Sunscreen use

- Students will be encouraged to apply sunscreen at home before coming to school.
- The school will provide Cancer Council approved 30+ (or greater) broad-spectrum, water-resistant sunscreen to all students and staff. A container will be kept in each POD and the office. Sunscreen will be taken on each school excursion and reapplied at regular intervals.
- The children will be encouraged to apply sunscreen before lunch commences, for sports lessons, for school sport days, for excursions and for any other activities that will entail exposure to the sun.
- Where children cannot use the sunscreen the school is providing due to allergies etc... parents will be asked to provide a suitable alternative.
- Effective sunscreen application includes:
  - application 20 minutes prior to sun exposure where possible and reapply every 2hrs
  - about one teaspoon for the face and ears and one teaspoon for each arm and leg
  - application to clean, dry skin leaving a film of sunscreen on the skin

## 6. Sport and Physical Education

- Students will be actively encouraged to play in one of the shaded areas of the school at lunchtime and afternoon tea.
- Sports carnivals and sport sessions will be scheduled, where possible, when UV levels are not the highest.
- The use of indoor and shaded areas for sport sessions will always be considered as the first option.

## 7. Excursions

- Sun safety will be included on the Risk Assessment documentation for all excursions.
- All permission/excursion notes will notify the parents of the dress requirements for sun protection for their child and for themselves if they are attending an event (e.g. wearing of hats/sunscreen). Non compliance with these requirements may result in non attendance.
- Sunscreen will be taken on every excursion and will be reapplied at regular intervals.

## 8. Shade

- St Patrick's School is committed to providing shade in the school grounds, especially where children sit to eat or take part in outdoor lessons.
- Future planning is to include provision for shaded areas.
- Students are encouraged to use shaded areas when outside, especially when eating.

## 9. Monitoring

- The Assistant Principal will conduct random checks throughout the year to ensure that staff, students and visitors are complying with the policy guidelines. Appropriate actions will be taken for breaches of these guidelines.
- Information gathered will be used to review the policy.

## 10. Evaluation

- Any future refurbishment and changes to the school will be evaluated to assess the impact on existing shaded areas and what additional requirements there will be based on the proposed changes.
- This policy is to be reviewed every three years with the updated policy to be sent to the Cancer Council.

## Reflective Materials

- St. Patrick's Uniform Policy
- St Patrick's School WHS Policy
- Cancer Council NSW Resource Materials

This policy was ratified by St. Patrick's Advisory Council in December 2006

Revised June, 2012  
Revised May, 2017