



Sun Safe Policy 2014

Rationale:

St. Joseph's Merriwa provides a learning environment that is both safe and caring. This policy has been produced to reduce the incidence of skin cancer by encouraging all members of the school community to take appropriate measures to protect them from the sun. Ultraviolet (UV) radiation from the sun can cause sunburn, skin damage, eye damage, and skin cancer. Australia has the highest incidence of skin cancer in the world, with two in three Australians developing some form of skin cancer during their lifetime. Overexposure to the sun during childhood and adolescence is known to be a major cause of skin cancer.

Aims:

- ❖ To develop positive attitudes towards skin and eye protection
- ❖ Develop lifestyle practices to reduce incidence of skin cancer and related deaths
- ❖ To take personal responsibility in making choices about skin protection
- ❖ To raise awareness the need to reduce the level of sun exposure
- ❖ Increase student and community awareness about skin cancer and sun protection.
- ❖ Encourage the entire school community to use a combination of sun protection measures whenever UV Index levels are 3 and above.
- ❖ Work towards a safe school environment that provides shade for students, staff and the school community.
- ❖ Assist students to be responsible for their own sun protection.

Implementation:

The sun protection plan should be implemented all year and a combination of sun protection measures used when the UV Index levels are 3 and above. Particular care is needed from the beginning of August until the end of May during the peak UV times of 10am to 2pm (11 am to 3 pm daylight saving time) including: Year Six Environment Minister will check UV index on: <http://www.weatherzone.com.au/uv-index/nsw/hunter/scone> daily and write on Mary MacKillop Noticeboard.

1. Scheduling outdoor activities

- Where possible, we will schedule outdoor activities (e.g. assemblies, sport and physical education lessons) outside peak UV times of 10am – 2pm (11am – 3pm daylight saving time) and plan activities to take place in the shade or indoor areas.
- Sun protection will be considered when planning all outdoor events e.g. assemblies in Mary MacKillop Room, camps, excursions, walking to and from venues and sporting events. Where possible, we have outdoor activities or events earlier in the morning or later in the afternoon, or we try using indoor venues. Children are required to wear hats at all times on the playground. Sport and PE is conducted in the morning session in Terms One and Four.

2. Shade

- The school community is committed to providing shade in the school grounds particularly in areas where students congregate e.g. canteen, outdoor lesson areas, and popular play areas when necessary.
- We will consult with the school community about future plans for shade.
- The availability of shade is considered when planning excursions and all other outdoor activities.
- Students are encouraged to use available areas of shade when outside.
- Students who do not have sun safe hats play in the shade or a suitable area protected from the sun. The Mary MacKillop Room is used in extremes of weather.

3. Hats

- Students must wear hats that protect their face, neck and ears; The school uniform includes a broad brimmed hat, whenever they are outside.

4. Clothing

- Sun safe clothing is included in our school uniform and sports uniform. This includes shirts with collars (or covered necklines) and sleeves, longer style dresses and shorts. It is compulsory to wear rash vests or t-shirts for outdoor swimming.

5. Sunscreen

- SPF 50+ broad-spectrum water-resistant sunscreen is available in each classroom and staffroom for staff and students' use. Where possible, sunscreen is applied at least 20 minutes before going outdoors and reapplied every four hours.
- Staff will remind children to apply sunscreen before arriving at school, before recess, lunch and going outside.
- On extended outdoor events students will be encouraged to apply sunscreen every four hours.

Children know to have sensitive skin will be provided with 30+ sunscreen

6. Role modelling of staff

Staff are required to role model good sun protection behaviours by:

- Wearing sun safe hats, clothing and sunglasses when outside.
- Applying SPF 50+ broad-spectrum water-resistant sunscreen.
- Seeking shade whenever possible.

7. Curriculum

- Teachers will include sun protection principles in teaching programs across all year levels.

8. Information to the school community

- Sun protection information is regularly promoted to the whole school community through newsletters, school homepage, parent meetings, staff meetings, school assemblies and on student enrolment.
- Families and visitors are encouraged to use a combination of sun protection measures (sun safe clothing and hats, sunscreen and sunglasses) when participating in and attending outdoor activities.

9. Sunglasses (optional)

- Staff and students are encouraged to wear close fitting, wrap around sunglasses that cover as much of the eye area as possible and meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4).

10. Review

- School parent body, staff and students will regularly monitor and review the effectiveness of the sun protection plan at least once every three years.

Evaluation:

This policy will be evaluated from time to time according to the determined needs of the school community and/or 2017