



ST COLUMBA'S PRIMARY SCHOOL BERRIGAN

SUN PROTECTION POLICY

Rationale:

Primary Schools can help reduce the incidence of skin cancer and the number of related deaths by encouraging all members of the school community to take effective skin protective measures.

Aims:

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

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

In Accordance with Cancer Council NSW Sun Smart Recommendations St Columba's adopts the following practices:

1. Scheduling outdoor activities

- UV levels and daily sun protection times are used to plan daily activities and ensure a correct understanding of local sun protection requirements.
- When children are on excursions all sun protection practices are planned, organised, understood and available.

2. Shade

- The school community is committed to providing shade in areas where students congregate, during recess and lunch, and when teaching outdoors and playing sport.
- Students are encouraged to use available shade when outside.
- Shade assessments are conducted to monitor existing shade structures and determine future shade needs.
- The availability of shade is considered for all outdoor activities and excursions. Shade options can include a combination of portable, natural and built shade.

3. Hats

- All students are required to wear School Uniform hats that meet SunSmart requirements to protect their face, neck and ears when outside for play, sport and teaching.
- Children without a SunSmart hat play in the shade "No hat, play in the shade", or are provided with a spare SunSmart hat.

* SunSmart hats include:

- Broad-brimmed hats with a brim size of at least 6cm (adults 7.5cm).
- Bucket hats with a deep crown and brim size of at least 5cm (adults 6cm).
- Legionnaire style hats.

Baseball caps or visors do not provide enough sun protection, are not part of the school uniform and are therefore not recommended.

4. Clothing

- SunSmart clothing* is part of the school and sports uniforms.
- Students are encouraged to wear rash vests or t-shirts for outdoor swimming.

SunSmart clothing includes wearing:

- Loose fitting shirts and dresses with sleeves and collars or covered neckline.

- Longer style skirts, shorts and trousers. Midriff, crop or singlet tops do not provide enough sun protection, are not part of school uniform and therefore are not to be worn at school or during school excursions.

5. Sunscreen

- All staff and students are encouraged to apply SPF 30+ (or higher) broad spectrum water-resistant sunscreen.
- All staff and students are encouraged to apply sunscreen 20 minutes before going outdoors, and to reapply every 2 hours when outdoors for extended periods.
- Sunscreen is available for staff and students. All sunscreen is stored in a cool, dry place and the expiry dates monitored.

6. Role modelling of staff Staff act as role models and demonstrate SunSmart behaviours when outside, including:

- Wearing a SunSmart hat, protective clothing, and wearing sunglasses (optional).
- Applying SPF30+ broad-spectrum water-resistant sunscreen.
- Promoting the use of shade.
- Discussing sun protection with children and demonstrating a positive and proactive approach to the management of sun protection in the service. Sun safety is everyone's responsibility. By being role models ourselves and leading the way with our own sun safety, we can inspire our students to be SunSmart when they step outside.

7. Curriculum

- Staff include sun safety principles across Key Learning Areas in all year levels.
- Students are provided with opportunities to take leadership roles in managing sun protection e.g. accessing daily UV levels and sun protection times, hat reminders and management of sunscreen.
- Students understand why sun safety is important and learn how to take effective sun protection actions.

8. Informing the school community

- All parents/families are informed of the sun protection policy and procedures including appropriate hat, clothing and sunscreen requirements on enrolling their child. New students are provided with a hat on acceptance of the enrolment.
- Sun protection information, policy updates and resources are communicated regularly through a range of channels e.g. annual reports, newsletters, notice boards, online, parent meetings, staff meetings, school assemblies and student orientation.
- Families and visitors are encouraged to role model positive SunSmart behaviours when attending the school.

Review

- The school community regularly monitor and review how effectively they implement their sun protection policy. This policy will be reviewed in line with other school policies and resubmitted to Cancer Council NSW every three years.

Revised May 2020. To be reviewed in May 2023.