SUN PROTECTION POLICY

RATIONALE

Australia has the highest incidence of skin cancer in the world, with skin cancer accounting for 80% of all new cancers diagnosed each year in Australia.

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

- The population is predominantly fair-skinned.
- Ultraviolet light from the sun is of sufficient intensity to induce skin cancer in this susceptible population.
- 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 severe sunburn 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.

PURPOSE

The aims of the Sun Protection policy are to promote among students, staff and parents:

- Positive attitudes towards skin protection.
- Lifestyle practices which can 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.

St Martin de Porres School is a recognised SUNSMART school.

This means that the school has a comprehensive sun protection policy that meets the criteria developed by the Cancer Council. In South Australia, Sunsmart guidelines recommend that a skin protection policy be implemented from the 1 September until the 30 April, when the ultraviolet radiation is most intense. Care should also be taken when the ultraviolet radiation level reaches 3 and above, at other times.
IMPLEMENTATION
This policy is to be implemented throughout the whole year with particular emphasis from 1st September till 30th April.

During these months:

- Take particular care if outside between 10.00am and 3.00pm
- All outdoor activities are to be held in shaded areas where possible.
- When possible, outdoor activities are to be held outside these peak ultraviolet radiation times

SCHOOL UNIFORM
Being SunSmart means a balance between sun protection, to lower the risk of skin cancer, and sun exposure, for the production and maintenance of vitamin D.

Hats
The approved school hats are a COMPULSORY PART OF THE SCHOOL UNIFORM FROM SEPTEMBER 1 TO APRIL 30 and during these months, will be worn:

- To and from school
- On excursions
- At recess and lunch times
- During sport PE lessons and all outside activities
- At other times at the discretion of the teacher

The approved school hat should be worn regardless of the weather outlook i.e. Rain, cloud or shine. The only acceptable hat is the school's approved hat.

To ensure that Vitamin D levels are maintained Between MAY 1 and AUGUST 31, the Cancer Council recommends that hats not be worn. During these months students are permitted to wear a school beanie. (though not on excursions).

Clothing and sunscreen
Children will wear the school collared polo shirt and longer legged sport shorts for sport and collared shirt and summer dress on other days. It is expected all children will be wearing the correct school approved hat, uniform and have a supply of SPF 30+ broad spectrum water resistant sun screen at all times. All parts of the school community work towards school approved hats and sunscreen being the accepted norm.

Hot Weather Policy
On days when the Bureau of Meteorology estimates a maximum temperature of 35°C, students will remain under shaded areas (not the oval) during lunchtime and / or recess play.

All students are to stop at frequent intervals on very hot days to take drinks.
An early dismissal policy will not apply at St Martin de Porres as the school is air-conditioned.

**RESPONSIBILITIES**

**School Board**
The School Board is responsible for providing an emergency supply of SPF 30+ broad-spectrum water resistant sunscreen in each classroom. The School Board will be responsible for looking at further provisions for shade areas as a priority in forward planning.

**Parents**
it is the parents responsibility to:

- Supply the correct school approved hat (with name) and instruct children to wear it
- Reinforce the approved school hat as part of the uniform
- Supply SPF30+ broad spectrum water resistant sunscreen and instruct children in its use
- Apply SPF30+ broad spectrum water resistant sunscreen before school, and make children aware they are to re-apply it during recess and lunch
- **Lead by example** i.e. Routinely wear an appropriate hat and SPF30+ broad spectrum water resistant sunscreen

**Teachers**
it is the teachers responsibility to:

- Educate children on dangers of skin damage and sunburn
- Allow children time to apply sunscreen before any outdoor activity. Sunscreen should be applied 15 – 20 minutes prior to going outside.
- Ensure approved school hats are worn whenever children leave the classroom
- Reinforce views put by parents –viz part of the uniform
- **Lead by example by modelling appropriate attire and using SPF30+ broad spectrum water resistant sunscreen**
- Ensure that outdoor lessons do not occur at times of the day when UV radiation is at its peak. 10am –3pm, 1st September –30th April
- Give notice to parents whose children do not have their school approved hat for Sport/PE etc.
- Include skin cancer prevention in the curriculum in each year level.
- keep up to date with new information and resources.
- report persistent offenders to the Principal or Deputy (The Principal or Deputy to follow up with parents)

If children do not have their school approved hat at school, then they must remain in a shaded area
**Education Support Officers**

The ESO staff will

- Make available for sale SPF 30+ broad-spectrum water resistant sunscreen.
- Reinforce sunsmart message through weekly newsletter.
- Support the teaching staff in their sunsmart curriculum and all uniform requirements.
- **Lead by example by modelling appropriate attire and using SPF30+ broad spectrum water resistant sunscreen**

**Children**

It is the children’s responsibility to:

- Wear their school approved hat correctly and learn to care for it.
- Learn to apply SPF 30+ broad-spectrum water resistant sunscreen.
- Understand that the school approved hat is part of the uniform.
- Assist parents/teachers with their responsibilities.

**SUMMARY**

On enrolling children at St. Martin de Porres School, parents sign the following agreement on the enrolment form: “**I will be responsible for my child wearing the correct school uniform**.”

The uniform code has always been set and maintained by parents with staff policing the policies. Initial offences should be dealt with at school with repeated offences being referred home.

**ENDORSEMENT DETAILS**

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(Chairperson) (Date)  
(Principal) (Date)