



ST MARTIN DE PORRES SCHOOL

# SUNSMART POLICY

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## **RATIONALE**

The sun's ultraviolet (UV) radiation can't be seen or felt. Whatever the weather, it's important for people of all skin types to use sun protection whenever UV levels are three or higher.

Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer in later life. Australia has one of the highest rates of skin cancer in the world, with two in three Australians developing some form of skin cancer before age 70.

By teaching sensible sun protection habits from an early age and implementing sun protection measures, schools can play a significant role in reducing skin cancer risk.

St Martin de Porres School is a recognised SunSmart School. This Policy applies to all school events on and off-site.

## **PURPOSE**

This SunSmart Policy has been developed to:

- ensure all students and staff are protected from over-exposure to UV radiation;
- ensure the outdoor environment provides shade for students, staff and the school community;
- assist students to be responsible for their own sun protection; and
- ensure that families and new staff are informed of the School's SunSmart Policy.

## **SUNSMART PROTOCOLS**

The school uses a combination of sun protection measures for all outdoor activities during Terms 1, 3 and 4, and whenever UV levels reach three (3) and above at other times.

This sun protection policy applies to all children participating in school activities, including OSHC and Vacation care during the following implementation times:

### **Before School Care**

Sun protection is not required, as the UV Index is rarely 3 and above at this time. During Terms 1 and 4 it is recommended that sunscreen is applied to assist with sun protection for the remainder of the day. Hats will be worn before school to align with the School policy.

### **After School Care**

Sun protection is required during Terms 1 and 4, and whenever the UV is three (3) and above at other times. Staff are encouraged to access the daily local sun protection times to determine if sun protection measures are required during Terms 2 and 3.

### **Vacation Care**

Sun protection is required for all outdoor activities from 1 August to 30 April and whenever the UV is three (3) and above at other times.

### **OSHC and Vacation Care Clothing**

Children attending OSHC and Vacation care are required to wear clothing that covers as much skin as possible. Clothing made from cool, closely woven fabric is recommended. Tops with collars and longer sleeves and longer-style skirts, dresses and shorts are recommended. Rash tops or t-shirts over bathers are required for outdoor swimming activities. Children who are not wearing appropriate hats or clothing are asked to play in areas protected from the sun.

## **School Uniform**

Sun protective clothing is included in the school uniform/dress code. The clothing is cool, loose fitting and made of closely woven fabric and includes shirts with collars.

Shirts with collars and longer style sleeves and longer style shorts, skirts and dresses are recommended for casual days and school camps.

## **Hats**

All students and staff are required to wear hats that protect their face, neck and ears. The approved styles of hats are broad-brimmed, legionnaire and bucket hats. Approved hats must include these styles. Baseball caps are not acceptable. While UV averages 3 and above during Terms 1, 3 and 4, UV can reach 3 and above between May and July. Therefore, hats are required to be worn when this occurs.

- to and from school (if walking/riding);
- on excursions;
- at recess and lunch times;
- during classroom activities when outside;
- during PE lessons and all outside activities; and
- at any other time at the discretion of the teacher.

The only approved style of hat and part of the Uniform at St Martin de Porres School is a legionnaire hat. The approved school hat is a compulsory part of the school uniform in Terms 1, 3 and 4 and when the UV is three (3) and above at other times and will be worn.

## **Sunglasses (optional)**

- Students are allowed to wear close fitting wraparound sunglasses that meet the Australian Standard AS/NZS 1067:2003 (Sunglasses: lens category 2, 3 or 4) and cover as much of the eye area as possible should they choose to wear sunglasses.

## **Sunscreen**

- Students must provide their own SPF 30 (or higher) broad spectrum, water resistant sunscreen.
- The school will however maintain additional/emergency supply of SPF 30 (or higher) broad spectrum, water resistant in each classroom.
- It is advised that sunscreen is applied at least twenty minutes before going outdoors and reapplied every two hours if outdoors for an extended period or more often if washed and wiped off. Participating in water activities and associated behaviours such as towel drying can physically wash or wipe off sunscreen's protective barrier and therefore should be reapplied even if within the two hours in this case.
- Teachers are responsible to ensure they have classroom strategies in place to remind students to apply sunscreen before going outdoors (e.g. reminder notices, sunscreen monitors, sunscreen buddies etc.)

## **Outdoor Water Activities**

- Rash tops or t-shirts are to be worn over bathers when participating in outdoor water activities. This provides protection to the shoulders, chest and back.

## **Shade**

- The School Board makes sure there is a sufficient number of shelters and trees providing shade in the school grounds, particularly in high-use areas e.g. where students have lunch, assemblies, sports, outdoor lesson areas and popular play areas.
- The availability of shade and a combination of skin protection measures are considered when planning excursions and all other outdoor activities.

- Students are actively encouraged to use available areas of shade when outside.
- In consultation with the School Board, shade provision is considered in plans for future buildings and grounds.
- A shade assessment is conducted regularly to determine the current availability and quality of shade.
- Students who do not have their school hat or appropriate clothing are asked by staff on duty to play in the shade or a suitable area protected from the sun.

## **LEARNING**

SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school assemblies, student and teacher activities and at student enrolment when purchasing the school uniform from the Uniform Shop.

Programs on skin cancer prevention and Vitamin D are included in the curriculum for all year levels including OSHC and Vacation care programming.

## **STAFF WHS AND ROLE MODELLING**

As part of WHS UV risk controls and role modelling, when the UV radiation level is three (3) and above staff will:

- wear sun protective hats, clothing and sunglasses when outside;
- apply SPF 30 or higher broad spectrum, water resistant sunscreen; and
- seek shade whenever possible.

Families and visitors are encouraged to use a combination of sun protection measures e.g. sun protective clothing and hats, sunglasses, sunscreen and shade, when participating in and attending outdoor school activities.

## **IMPLEMENTATION**

The SunSmart Policy is to be implemented throughout the whole year with particular emphasis during Terms 1, 3 and 4; and whenever the UV is forecast to be three (3) and above.

## **POLICY REVIEW**

The School Board and staff regularly monitor and review the effectiveness of the SunSmart Policy (at least every three years) and revise the Policy in conjunction with the School's Cancer Council (SunSmart) Membership.

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ENDORSEMENT DETAILS

Review Date	May 2025
Date of Next Review	May 2027