



SUN PROTECTION & HOT WEATHER

SCHOOL POLICY

St Joseph's School, Ottoway

Reviewed: Term 1, 2021

Next Review Due: Term 1, 2024

PHILOSOPHICAL BASIS

Skin damage, including skin cancer is caused by cumulative exposure to the sun. Sun exposure during childhood and adolescence is a major factor in determining future skin cancer risk. St Joseph's School is committed to providing and maintaining a safe and healthy environment for its staff, children and visitors.

School policy for sun protection has been informed by the Cancer Council South Australia's Sun Smart primary school policy guidelines, and DECD policies.

That it is important to balance sun protection with safe sun exposure for the production of vitamin D for bone growth and development. Sensible sun protection when UV is 3 and above does not put people at risk of Vitamin D deficiency.

AIMS AND OBJECTIVES

The aims of the St Joseph's School Sun Protection Policy are to promote among students, staff, parents and carers:

- Positive attitudes towards skin protection
- Lifestyle practices which can help reduce the incidence of skin cancer and the number of related deaths in the wider community
- Personal responsibility for and decision making about skin protection
- Awareness of the importance of balance between UV exposure and UV protection

Implementation

In line with DECD and Cancer Council SA guidelines and St Joseph's School's SunSmart status, sun protective strategies will be implemented from 1 August to 30 April, and when the UV radiation levels are 3 and above at other times. To assist with implementation, staff are encouraged to access the daily sun protection times via the SunSmart app, www.myuv.com.au or www.bom.gov.au

Through consultation with, and support from, our School community, children and staff attending the centre will be protected from overexposure to UV radiation from the sun throughout the entire year because:

- Children attend School for 4 sessions/15 hours per week, so there is ample opportunity to obtain safe UV exposure at supervised times at home
- Establishing a consistent routine to UV protection will support School age children to develop personal responsibility for ensuring they have a hat at School

School Environment

St Joseph's staff will;

- maintain shelters providing shade

Curriculum

School staff will promote sun protection and skin cancer awareness through our centre routines and intentional teaching across all year levels

- Children will be required to wear the school uniform, which provides sun protection through tops with collars and longer style sleeves, and longer style shorts and dresses, and bucket, broad brim or legionnaire style hats.
- Children who do not have their hats with them will be asked to play in areas protected from the sun or redirected to activities indoors.
- Children who are not wearing appropriate UV protective clothing will be asked to play in areas protected from the sun or redirected to activities indoors
- Inside play or play in the shade will be encouraged during peak UVR times.
- Sunscreen will be applied 20 minutes prior to going outside, and reapplied 2 hourly if remaining outside for extended periods. SPF 30 or higher, broad spectrum, water resistant is supplied by the school for students and staff use. Children will apply their own sunscreen, under teacher supervision.
- School staff will proactively role model skin protection behaviours by wearing sun screen, hats and appropriate clothing for outdoor activities.
- Intentional sun smart messages are reinforced regularly as part of the curriculum
- Staff will keep up to date with new information and resources

School staff

- Care is taken during the peak UV radiation times and outdoor activities are scheduled outside of these times where possible. Sports days and other outdoor events to be held during **Term 2** or earlier in the day where practical.
- Invite parents and caregivers to be involved in the review of our sun protection policy
- Ask parents to become familiar with this policy and
 - provide a named broad brimmed, legionnaire or bucket style hat to be taken home and brought daily. Hoods and “beanies” are not considered appropriate for winter month UV protection (N.B. spare hats are not provided as a precaution to avoid the spread of head lice)
 - apply SPF 30 or higher broad spectrum, water resistant sunscreen on their child at the beginning of each session
 - provide children with clothing suitable for greater sun protection – such as T-shirts with collars, elbow length sleeves and longer style shorts or skirts. Singlets, shoe string or midriff tops do not provide adequate UV protection.
 - are encouraged to role model skin protection behaviours when participating in or attending outdoor activities with the school.
- Provide information from health professionals to families and caregivers on sun protection strategies in a variety of ways
 - Through our newsletters
 - Policy development/review
 - Pamphlet/poster displays

Related Documents

- **Cancer Council website**

HOT WEATHER

The following strategies will be implemented during hot weather

- Inside play will be encouraged
- Drinking water is regularly encouraged

St Joseph's staff will;

- ensure air conditioning and fans are maintained
- will include water play activities for its cooling effects.

The School Board reviews and develops policies that take into account our context and recognised regulations and standards.

Principal's Signature:

Date:

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Ratified by School Board –

Chairperson's Signature:

Date:

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ANNEMARIE BRITVEC