



## SUNSMART POLICY

### Vision

St Martin's Catholic Primary School is a school community that recognises the uniqueness of every person, nurturing faith and wellbeing, and pursuing excellence in education.

### Rationale

In Australia, over 950,000 cases of skin cancer are treated every year and over 2,000 people die from skin cancer each year. Two out of three Australians develop skin cancer before the age of 70. (Reference: Cancer Council SA)

Skin damage, including skin cancer, is the result of the cumulative exposure of the sun's Ultra-Violet Radiation (UVR). Much of the damage occurs during childhood and adolescence. Research suggests that both sunburn and sun exposure are a contributor to skin cancer and other forms of skin damage such as wrinkles, sunspots, blemishes and premature ageing. The incidence of skin damage and skin cancer can be reduced, hence the implementation of a sun protection policy.

Cancer Council SA recommends people protect their skin at times when the ultraviolet radiation (UVR) level is 3 and above – this is when the UVR level is strong enough to cause damage to the skin. Cancer Council SA also recommends that particular care should be taken during the peak UV times of the day when the UVR levels are at their highest. Temperature does not affect UVR levels, so even on cool, cloudy days, UVR levels can be damaging to students.

Schools can help by encouraging all members of the school community to take effective skin-protection measures.

The aims of St Martin's Catholic Primary School SunSmart 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
- personal responsibility for, and decision-making about, skin protection
- raise an awareness of the importance of environmental conditions in our school with the aim of reducing the level of exposure to the sun.

### Implementation

The SunSmart Policy applies to all students, staff and visitors at St Martin's Catholic Primary School and applies to all school activities and events on and off site, inclusive of the Out of School Hours Care program.

**Before School Care:** sun protection is not required as the UV radiation levels are rarely above 3 during this time, with the exception to hat wearing to be consistent with practices at the school. This is checked each day by staff and students via the SunSmart App.

**After School Care:** sun protection is required during Terms 1, 3 and 4, and whenever the UV is 3 and above at other times. Hat wearing will also be required during Term 3 to be consistent with practices at the school. This is checked each day by staff and students via the SunSmart App.

**Vacation Care:** sun protection is required for all outdoor activities from 1 August to 30 April, and whenever the UV is 3 and above at other times. This is checked each day by staff and students via the SunSmart App.

This policy is for implementation in Terms 1, 3 and 4, and when the UV radiation levels are 3 and above at other times. The School strongly recommends that a combination of sun protection procedures is implemented when outdoors (particularly at recess and lunch times) or when participating in any outdoor activities including but not limited to, excursions and water-based activities. To help maintain winter vitamin D, sun protection measures are not used when UV levels are below 3. Where applicable, staff are encouraged to access the daily protection

times via the SunSmart app, [www.myuv.com.au](http://www.myuv.com.au) or [www.bom.gov.au/sa.uv](http://www.bom.gov.au/sa.uv) to assist with the implementation of this policy.

### **Procedures**

- From the beginning of Term 3 until the end of Term 1, and when the UVR level is 3 and above outside of these times, all students and staff are encouraged to wear a broad-brimmed, legionnaire or bucket hat that covers the face, ears and neck. Visitors and volunteers are encouraged to wear a hat that gives good coverage to the face, neck and ears whenever they are outside. Baseball caps are not acceptable.
- Excluding Term 2 when the UV is below 3, a "no hat, no play" policy will be applied during any outdoor activities. This includes, but is not restricted to: Physical Education lessons, outdoor recreational activities, outdoor lessons, sport practices, excursions, recess and lunch.
- Students are actively encouraged to use available areas of shade for outdoor activities.
- Shade will be considered when planning outdoor activities and excursions.
- A shade audit is conducted regularly by WHS Officer to determine the current availability and quality of shade.
- The School Board ensures there is a sufficient number of shelters, portable shade structures and trees providing shade in the school grounds, particularly in areas where students congregate e.g. canteen, outdoor lesson areas and popular play areas.
- Students are encouraged to bring their own supply of SPF30+ or higher broad spectrum, water resistant sunscreen to school. Students are regularly reminded and encouraged to apply sunscreen 20 minutes before going outdoors and every 2 hours when outdoors when the UVR is 3 and above.
- Students who do not have a school regulated hat are asked to stay under the large veranda during recess and lunch breaks. Students are not allowed to play without a hat, except on 'no hat days' in Term 2.
- Rescheduling of activities during peak UVR times will occur where possible or conducted in the shade/indoors where possible.
- For WHS reasons, staff, parents and visitors are to role model sun protection procedures including wearing a sun protective hat, appropriate clothing (eg tops with collars and longer sleeves and longer-style skirts and shorts), sunglasses, and sunscreen and seek shade when outdoors and encouraged to use a combination of sun protection measures when participating in or attending outdoor activities.
- Students are encouraged to wear the school uniform which offers adequate skin protection from UVR through tops with collars, and longer style sleeves, and longer style shorts, skirts and dresses. Students who do not have appropriate clothing are asked to play in the shade or a suitable area protected from the sun.
- Sun protection and skin cancer will be included in the school curriculum and programming.
- New staff and families will be informed of the policy and the policy will be reinforced through newsletters, assemblies, displays and other forms of communication.

### **Outdoor Activities**

For lengthy outdoor events (eg Sports Day and Sporting Carnivals), breaks will be scheduled two hourly for additional sunscreen to be applied (Responsibility: Sports Co-ordinator/Class Teachers).

For Camps and Excursions, the amount of time spent outdoors and availability of shade will be determined by staff, taking into account the risk factors of peak UV radiation levels and daily sun protection times (Responsibility: Camp Organisers/Class Teachers).

Rash tops or t-shirts over bathers are required for outdoor swimming activities.

When timetabling outdoor activities, consideration is to be given to appropriate UV protections safeguards which include:

- times of the year when UVR levels are highest
- times of the day recognised as periods of maximum radiation intensity
- use of hats and sunscreen (and sunglasses if owned and where appropriate e.g. excursions)
- use of appropriate shade areas
- taking due care against UV radiation from surrounding surfaces.

If the official temperature as advised in the morning Advertiser is 35°C or greater, any scheduled outdoor after school sports practices or games will be cancelled and parents are to collect their children from school at normal dismissal time.

When the temperature reaches 36°C or above at recess or lunch times, students will be kept indoors.

### **Some Points to Remember about Skin Cancer**

Because the Australian sunlight is very harsh, everyone is at risk of skin cancer, however, people with sensitive skin, who burn easily and rarely tan, are at the greatest risk. Unprotected skin, whether tanned or not, is likely to be damaged by the sun and may develop skin cancer later in life.

Research suggests that:

- there may be a link between sunburn during childhood and melanoma in adulthood
- those who work outdoors have a greater risk of developing skin cancers
- because skin cancers are visible, you can see them and have them checked as soon as they develop. Early symptoms of skin cancer may seem quite minor, but any suspicious spot should be seen by a doctor immediately.

Check your skin regularly. If you notice any new or unusual spots, or a spot that is changing in colour, shape or size, see your doctor immediately. If found early, most skin cancers can be successfully treated.

For information visit: <https://www.cancersa.org.au/information/a-z-index/checking-for-skin-cancer>

Families can reduce their risk by:

- following the School's recommendations in the SunSmart Policy and role-modelling when the UVR level is 3 and above
- limiting sun exposure during sun protection times
- using protective clothing - a broad-brimmed hat, long-sleeved shirt and sunglasses
- using maximum protection sunscreen (SPF 30+ broad spectrum and water resistant) on skin not covered by clothing
- using shaded areas.

### **Positive Attitudes Towards Skin Protection**

At St Martin's Catholic Primary School, we

- aim to increase the students' knowledge of the causes, prevention and detection of skin damage and skin cancer and to encourage a responsible and positive attitude to skin protection. The Health curriculum ensure these areas are appropriately covered at each year level.
- reinforce the SunSmart Policy in a positive way through the school newsletters, Student Representative Council and other school policies (e.g. Sports Policy).
- inform parents, staff and students through information sessions by speakers and other resources from relevant health groups at relevant times and encourage role modelling by all visiting adults where possible.

### **Reference**

Vitamin D recommendations:

Cancer Council Australia

### **Appendix**

- Appendix A | SunSmart Program Implementation Times

### **Date for Review**

The School will review this sun protection policy regularly (at least every three years) to ensure that the information remains current and relevant and all families, staff and children will be informed of the policy.

<b>Implemented:</b>	2012
<b>Ratified by School Board:</b>	2012
<b>Last Review:</b>	2023
<b>Next Review:</b>	2026