



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

Australia has the highest incidence of reported skin cancer in the world with over 750,000 new cases and 2,000 deaths recorded each year. Two out of three Australians develop skin cancer before the age of 70.

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 South Australia 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. The Cancer Council 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, inclusive of the Out of School Hours Care program.

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. 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 support UV Alert via www.bom.gov.au/sa.uv or the SunSmart app to assist with the implementation of this policy.

Procedures

- All students, staff and visitors are to wear a hat that gives good coverage to the face, neck and ears whenever they are outside 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.
- 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.

- Students are encouraged to bring their own supply of SPF30+ or higher broad spectrum, water resistant sunscreen to school. Students will be actively 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 are to role model sun protection procedures including wearing a sun protective hat, appropriate clothing (e.g. tops with collars and longer sleeves and longer-style skirts and shorts), sunglasses, and sunscreen.
- 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.
- 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 (e.g. 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)

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.

Signs to look for are:

- a crusty non-healing sore
- a small lump which is red, pale or pearly in colour
- a new spot, freckle or mole changing in colour, thickness or shape over a period of several weeks to months. Particular attention should be paid to spots that are dark brown to black, red or blue black
- an existing spot that changes in colour, shape or size over weeks to months.

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

- avoiding the sun during the sun protection times
- using protective clothing - a broad-brimmed hat, long-sleeved shirt and sunglasses
- using maximum protection sunscreen (SPF 30+ broad Spectrum) 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:

http://wiki.cancer.org.au/policy/Position_statement_-_Risks_and_benefits_of_sun_exposure#_ga=1.23036091.1844254446.1412147176

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.

Implemented:	2012
Ratified by School Board:	2012
Last Review:	2018
Next Review:	2021