

Sun Smart Policy



*St Francis of Assisi
Primary School*



Sun Smart Policy

St Francis of Assisi Primary School adheres to the Catholic Education Archdiocese of Canberra and Goulburn's [Sun Smart](#) Policy. This policy can be accessed via the following link.

https://intranet.cg.catholic.edu.au/formandpolicies/_layouts/15/WopiFrame.aspx?sourcedoc=/formandpolicies/Lists/Policies%202015/Attachments/44/Sun%20Smart%20Policy.pdf&action=default

Purpose:

The sun – UV radiation

Although our senses can easily detect sunlight and infrared radiation (heat), they cannot detect the level of ultraviolet (UV) radiation from the sun. UV radiation can't be seen or felt and can be damaging to our skin on cool, cloudy days as well as hot, sunny ones.

While UV radiation comes directly from the sun, it can also be scattered and reflected by surfaces such as buildings, concrete, sand, snow and water. It can also pass through light cloud.

Whenever UV radiation levels reach 3 (moderate) and above sun protection is required. At that level UV radiation is intense enough to damage our skin and contribute to the risk of skin cancer.

In Canberra from August through to the end of May, UV radiation levels are 3 and above for part of or most of the day. Particular care will be taken between 10am - 2pm. Outdoor experiences will be minimised as much as practicably possible between 11am - 3 pm during daylight saving time of the year when UV levels reach their peak.

During June and July in Canberra, UV radiation levels are low (below 3). Therefore sun protection measures are not necessary during these months unless you are in alpine regions, near highly reflective surfaces like snow or water or have very sensitive skin and plan to spend long hours outside.



Correct sun protection practices not only reduce a child's risk of skin and eye damage and skin cancer but also ensure they obtain enough vitamin D from the sun to allow for healthy bone development and maintenance.

Too much exposure to ultraviolet (UV) radiation from the sun causes sunburn, skin damage and increases the risk of skin cancer.

Over exposure to the sun's UVR in the first 15 years of life contributes significantly to the lifetime risk of developing skin cancer. Australia has the highest rate of skin cancer in the world.

This policy is followed from the beginning of August until the end of May when UVR levels reaches 3 and above in Canberra.

'Most Australians receive the bulk of their vitamin D supply from exposing their skin to small amounts of ultraviolet radiation in sunlight. Due to low levels of ultraviolet radiation in Canberra during the winter months, The Cancer Council ACT does not generally recommend sun protection in June and July. This is to reduce the risk of vitamin D deficiency in the ACT region'.

Duty of Care:

Schools have a responsibility to implement skin cancer prevention strategies for student and staff health.

Duty of care refers to the need to protect staff and students against foreseeable harm. Sunburn is a foreseeable outcome of over-exposure to solar UV radiation. Occupational UVR Exposure is a serious [occupational health and safety hazard](#) for people who spend all or part of their working days outside.

Under the Occupational Health and Safety Act, employers have a responsibility to provide a safe working environment. Similarly, staff have a responsibility to adopt protective measures introduced by the school to maintain a safe workplace.



Policy

Objectives

The goals of the Sun Smart Policy are to;

- protect students and staff from the long term dangers associated with over-exposure to UVR
- increase student and community awareness about skin cancer and sun protection,
- encourage the entire school community to use a combination of the 5 sun protection measures from August 1st to May 31st
- work towards a safe school environment that provides shade for students, staff and the school community,
- assist students to be responsible for their own sun protection
- ensure that families and new staff are informed of the school's Sun Smart policy.

Definitions:

Broad-brimmed hats should have a brim of at least 6cm (7.5cm for adults)

Legionnaire hats should have the front peak and a long, back flap which meets at the sides to protect the side of the face, neck and ears

Bucket hats should have a deep crown and a brim of at least 6cm (5cm for young children)

Procedures:

All children and staff use a combination of the 5 sun protection measures when UV levels reach 3 and above to ensure they are well protected. Particular care is taken between 10am - 3pm. Outdoor experiences will be minimized as much as practicably possible between 11am - 3 pm during the daylight saving period.

Our Sun Smart policy is considered when planning ALL outdoor events eg. assemblies, camps, excursions and sporting events. Where possible, we have outdoor activities or events earlier in the morning, or try using indoor venues.



Shade

Children are encouraged to use available areas of shade when outside. Children who do not have appropriate hats or outdoor clothing are asked to be in the “No Hat, No Play” area.

The availability of shade is considered when planning excursions and all outdoor activities.

The school board makes sure there is a sufficient number of shelters and trees providing shade in the school grounds particularly in areas where students congregate eg. lunch, canteen, outdoor lesson areas and popular play areas.

In consultation with the school board, shade provision is considered in plans for future buildings and grounds.

Clothing

Sun protective clothing is included in our school uniform/dress code and sports uniform. School clothing is made of close weave fabric and includes shirts with collars and longer sleeves, longer style dresses and shorts and rash vests or t-shirts for outdoor swimming.

Hats

Children are also required to wear hats that protect their face, neck and ears, i.e. legionnaire, broad-brimmed or bucket hats whenever they are outside.

(Please note: Baseball caps and visors offer little protection to the cheeks, ears and neck and are therefore not recommended.)

Sunglasses

Children who wear sunglasses will be encouraged and supported, (at parent's discretion). Cost, replacement and safety issues are parental responsibilities. Sunglasses must be close fitting, synthetic, wrap around sunglasses that meet the



Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.

Sunscreen

SPF 30+ broad spectrum, water resistant sunscreen is available for staff use in the office. Students are encouraged and reminded to apply sunscreen 15-20 minutes before outdoor activities (particularly in Terms One and Four). It is recommended that sunscreen is applied at home, prior to the commencement of the school day. Children may bring sunscreen, labeled with their name, in their school bag, for reapplication prior to recess and lunch. Sunscreen should be reapplied after 2 hours. All classrooms have sunscreen for those students who do not bring their own.

Curriculum

Staff will incorporate instruction on Sun Smart and skin cancer in relevant Essential Learning Achievements (ELA) such as Personal Development, Health and Physical Education and Studies of Society and the Environment in at least 3 year levels.

Promote Sun Smart behaviour

The school will reinforce the Sun Smart policy and behaviour on regular occasions through Newsletters, Parent Meetings, Assemblies, website, School Carnivals and other relevant Student and Teacher activities etc.

Role Modeling

Staff will act as role models by:

- wearing sun protective hats, clothing and sunglasses outside
- applying SPF 30+ broad spectrum, water resistant sunscreen
- seeking shade whenever possible

Families are encouraged to use sun protective measures (sun protective clothing, hats and sunscreen) when participating in and attending outdoor school activities.



Occupational UVR Exposure

Our school acknowledges its OH&S responsibilities and duty of care to protect all workers from any foreseeable harm. Workers are also aware of their responsibilities to protect themselves when outdoor from over-exposure to UVR.

Review

Saint Francis of Assisi, as a member of the National Sun Smart Schools Program, will liaise with the Cancer Council ACT and submit a copy of this policy as part of the Sun Smart Review process every three years. By assessing and recommending any necessary changes to school policy, the school will be assured it has the most comprehensive, updated and effective policy possible. This also adds consistency and integrity of the Sun Smart Program.

Related Policies:

Occupational Health and Safety Policy

Pastoral Care Policy

Sun Smart Policy (CE Intranet)

References:

www.actcancer.org.au/prevention/sunsmart/act-schools-and-early-childhood-services/

Sun Smart Schools and Early Childhood Program

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Approved by: St Francis of Assisi Primary School Community Council

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