Vision Statement:

St Francis of Assisi Catholic Primary School is a Christ-centred learning environment, which respects and nurtures the uniqueness of all.

Through a community characterised by commitment, celebration, service, support, compassion and justice, each individual is challenged to reach his or her potential and develop and awareness of the sacredness and interconnectedness of all life.

Related Policies:

Occupational Health and Safety Policy
Pastoral Care Policy

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 SunSmart 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 the end of May
- 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, and  
☐ Ensure that families and new staff are informed of the school’s SunSmart 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 from August through to the end of May, before school, during school and after school to ensure they are well protected. Particular care is taken between 10am - 2pm. Outdoor experiences will be minimized as much as practicably possible during the afternoon.

Our SunSmart 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 later in the afternoon, or try using indoor venues.

1. 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 play in the shade. In the morning and at recess time due to the easterly sun, this will be on the silver seats in front of the Year 5/6 building. At lunch time this will be under the pergola in front of the canteen.  
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.

2. 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.

3. 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.)

4. 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.
5. Sunscreen
SPF 30+ broad spectrum, water resistant sunscreen is available for staff and student use in every classroom. Students are encouraged and reminded to apply their own sunscreen 15-20 minutes before outdoor activities (particularly in Terms Four and One). It is recommended that sunscreen is applied at home, prior to the commencement of the school day. Children may also bring their own sunscreen, labeled with their name, in their school bag. Sunscreen should be reapplied after 2 hours.

6. Curriculum
Staff will incorporate instruction on SunSmart and skin cancer in relevant Essential Learning Achievements (ELA) such as Personal Development, Health and Physical Education and Studies of Society and the Environment where applicable.
Promote SunSmart behaviour
The school will reinforce the Sunsmart 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 (if possible) outside, before school, during the school day and after school
- 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 there responsibilities to protect themselves when outdoor from over-exposure to UVR.

7. Review
Saint Francis of Assisi, as a member of the National SunSmart Schools Program, will liaise with The Cancer Council ACT and submit a copy of this policy as part of the SunSmart 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 SunSmart Program.

References:
SunSmart Schools and Early Childhood Program
Cancer Council ACT 5 Richmond Ave Fairbairn A.C.T 2609
Phone 6257 9999 Facsimile 6257 5055

Forms:
SunSmart Review Form, www.actcancer.org
Updated:

August 22, 2012 in consultation with David Wild, SunSmart Services Coordinator
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