

GOOD SHEPHERD PRIMARY SCHOOL



SUNSMART POLICY

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Purpose

Our school recognises that Australia has a high rate of skin cancer and that over exposure to sun can cause skin and eye damage.

Our Sunsmart policy has been developed to ensure that all students and staff attending this school are protected from skin and eye damage caused by the harmful ultraviolet rays (UVR) of the sun. The implementation of this policy will be from the 1st August to the end of May with particular care taken between 10am – 2pm (11-3pm during daylight saving time).

Due to the low UV levels of Canberra's sun during the months of June and July, the students will not be required to wear sun protection.
The Cancer Council endorses this stance...

"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 recommend sun protection in June and July. This is to reduce the risk of vitamin D deficiency in the ACT region."

The Cancer Council ACT

Both the skin and eyes are at risk from ultraviolet radiation. It is well known that overexposure to UVR from the sun can cause sunburn, skin damage and, ultimately, skin cancer. This UVR can also cause eye damage such as cataracts and a clouding in the lens of the eye which obscures vision. Practising sun protection in early childhood and adolescence could prevent skin and eye damage.

Our Sunsmart policy states that students and staff are required to wear a suitable hat, sunglasses (if possible) and use broad-spectrum water-resistant sunscreen during outdoor activities.

The policy aims to:

- provide ongoing education that promotes personal responsibility for skin cancer prevention, eye damage prevention and early detection;
- provide environments that support Sunsmart practices;
- create an awareness of the need to reschedule outdoor activities to support Sunsmart practices;
- promote the Sunsmart message of:
 - SLIP** on some sun-protective clothing
 - SLOP** on SPF 30+ sunscreen (broad spectrum, water resistant)
 - SLAP** on a hat (that protects face, head, neck and ears)
 - SEEK** shade
 - SLIDE** on sunglasses.

Objectives

- To increase student and community awareness of skin cancer;
- To increase student and community awareness of eye damage;
- To assist students to develop strategies which encourage responsible decision-making about skin protection eg. aware of the Sunsmart UV Alert reported in most newspapers and television forecasts across Australia;
- To work towards a safe school environment;
- To encourage students, parents, teachers and staff to wear protective clothing, hats, sunglasses and sunscreen during high-risk times; and
- To ensure that parents are informed of our Sunsmart Agreed Practice.

Agreed Practice

- Good Shepherd Primary School has a '**No Hat, Play in the Shade**' rule. This practice will be implemented from the 1st August to the end of May. This applies to all school activities including sports carnivals, excursions and camps. Good Shepherd adopts the 'First day of May, Hats Off Day' and *First day of August – hats on for all of us!*"
- Staff members are to model appropriate Sunsmart behaviour and reinforce the policy.
- Students and staff are required to wear sun protective hats that shade the face, neck and ears during recess, lunchtime and during sporting and other outdoor activities.
- Students and staff are encouraged to wear sunglasses during recess, lunchtime and during sporting and other high-risk activities.
- Shaded areas are provided for students to use at recess and lunchtime.
- Students who do not have the appropriate head wear during recess and lunch must sit on seats under shade in the gazebos.
- Teachers ask students to put their hats on in the classroom before leaving at the end of the day.
- The School provides each classroom with broad-spectrum water-resistant sunscreen and students are encouraged to apply sunscreen before all outdoor activities.
- Outdoor assemblies are held early in the day and teachers are encouraged, when it is possible, to plan outdoor activities before 11:30am.
- Shaded playground areas exist.

Procedures

Staff will:

- act as positive role models for students in all aspects of Sunsmart behaviour;
- inform parents of the Sunsmart agreed practice when they enrol their child;
- include the Sunsmart policy in the school prospectus;
- increase the amount of shade in the school grounds, where possible, by building shelters and planting trees;
- seek ongoing support from parents and the school community for the Sunsmart policy and its implementation, through newsletters etc.
- ensure that all students and staff wear hats that protect the face, neck and ears, and encourage SPF 30+ broad-spectrum, water-resistant sunscreen when involved in outdoor activities;
- encourage students and staff to wear sunglasses when involved in outdoor activities;

- encourage students without adequate sun protection to stay in shaded areas at recess and lunch times;
- ensure that adequate shade is provided at sporting carnivals and other outdoor events; and
- review the Sunsmart Policy annually.

Parents / carers will:

- provide a hat for their child and ensure that they wear it to and from school;
- provide sunglasses, if possible, for outdoor activities; and
- support the school's Sunsmart policy

Students will:

- be aware of the school's Sunsmart policy;
- take responsibility for their own health and safety by being Sunsmart;
- comply with Sunsmart rules and guidelines by:
 - SLIPPING** on some sun-protective clothing
 - SLOPPING** on SPF 30+ sunscreen
 - SLAPPING** on a hat
 - SEEKING** shade
 - SLIDING** on sunglasses;
- act as positive role models for other students in all aspects of Sunsmart behaviour;

Related Policies

CEO Policy

http://www.ceo.cg.catholic.edu.au/policies/sun_smart.htm

References:

The Cancer Council ACT
NSW Board Of Studies PDHPE Documents

POLICY DATES			
Formulated	2012	Adopted	2012
Implemented	2013	Reviewed	2017
Next Review Due	2019		

This policy supports the following principles that:
*Our relationships are nurtured with patience, respect, cooperation and understanding
 and that Learners are at the centre of their learning.*
 Good Shepherd, School Wide Pedagogical Principles