



St Joseph's School  
Kingswood

# ST JOSEPH'S SCHOOL KINGSWOOD

## SUN SMART POLICY

## **Rationale**

St Joseph's Kingswood is a Catholic school in the Josephite tradition. We create and uphold a nurturing environment for our children, families, teachers, volunteers, and the wider parish. We are a Catholic community of educators and learners who strive for excellence in education, and we are innovative and collaborative in our approach. Our life long purpose is to maintain a sense of belonging for all our children encouraging them to reach their full potential.

Australia has a high incidence of skin cancer. Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Much of the damage occurs during childhood and adolescence. Research suggests that severe sunburn is a contributor to skin cancer and other forms of skin damage such as wrinkles, sunspots, blemishes and premature aging. Most skin damage and skin cancer is, therefore, preventable.

Schools are ideally placed to help reduce the incidence of skin cancer and the number of related deaths by encouraging all members of the school community to use effective skin protection measures.

## **1. Principles**

All members of our school community should be protected from skin damage caused by the harmful ultraviolet rays from the sun. It is intended that students, staff and parents will develop:

- 1.1. positive attitudes towards skin protection.
- 1.2. lifestyle practices which can help reduce the incidence of skin cancer and the number of related deaths.
- 1.3. personal responsibility for and decision making about skin protection.
- 1.4. awareness of the need for environmental changes in schools to reduce the level of exposure to the sun.

## **2. Policy**

This policy is for implementation throughout the whole school year. It has been developed using the recommendations for Primary Schools from the Cancer Council SA.

- 2.1. Avoid being in the direct sun between the hours of 10am and 3pm when the UV radiation levels are at their highest.
  - 2.1.1. Recess periods will be for 25 minutes and will finish by 11.30 am
  - 2.1.2. Lunch play period will be 40 minutes with students eating lunch in the classroom for 10 minutes before going to play.
  - 2.1.3. Whenever possible, all outdoor activities will be scheduled before 10am and after 2pm standard time, or before 11am after 3pm daylight saving time, conducted indoors or in the shaded areas of the school.
  - 2.1.4. Sports day will be held at a time of year or time of day where sun exposure is minimised
  - 2.1.5. On days of  $\geq 35^{\circ}\text{C}$  the children will stay indoors
  - 2.1.6. Use the shade of trees, pergolas, and tents whenever outdoors.
- 2.2. The further provision of shade areas will appear as a priority on any forward planning documents for the school

- 2.3. Wear appropriate clothing which protects the skin.
- 2.4. Students will be expected to wear a school uniform hat whenever involved in outside school activities. Students not wearing a hat will be asked to move to a shaded area of the school. Staff, and parents acting in an official volunteer capacity will be strongly encouraged to wear appropriate hats.
- 2.5. Apply a broad spectrum sunscreen with a SPF of 30+ to clean, dry skin, 10 minutes before going outdoors. Reapply sunscreen every two hours if outdoors for a prolonged period of time, or more frequently if swimming or perspiring.
- 2.6. Students will be encouraged to apply sunscreen before school in the morning and again 10 minutes before going out to lunch.
- 2.7. Students will be encouraged to supply and apply their own sunscreen, although there will be containers supplied in each classroom. They will need to provide their own sunscreen if they have a documented allergy to the school issued sunscreen.
- 2.8. Students involved in extra curricula activities are also expected to follow sun protection procedures.
- 2.9. Reinforcing the Sun Smart message in classroom activities and in general school procedures are important strategies in the adoption of the skin protection behaviours.
- 2.10. Staff will be encouraged to role model appropriate SunSmart strategies in all school activities.
- 2.11. Skin cancer prevention will be included in all classroom curriculums.
- 2.12. Staff will be kept up to date with information and resources through The Anti-Cancer Foundation's "Cancer Prevention and Education Primary Schools News Bulletin".

The school board, in partnership with the school community monitors and reviews the effectiveness of this policy regularly, with a minimum 3-year review cycle.