

SUN SMART POLICY

VISION STATEMENT

McAuley Community School is a welcoming, inclusive Catholic community, where children grow and learn holistically, in a safe and nurturing environment so they can thrive and imagine new possibilities. We are a Catholic School in the Mercy tradition, based on the Mercy Keys of Respect, Compassion, Gratitude, Courage and Creativity.

RATIONALE

McAuley Community School is a welcoming Reception to Year 6 School in the Mercy Tradition located in the South West Adelaide Region.

Australia has one of the highest incidences of skin cancer in the world with two in three people developing some form of skin cancer before that age of 70.

UV radiation from the sun causes skin damage. UV radiation cannot be seen or felt but is determined by the angle of the sun to the earth's surface. UV radiation levels peak over the middle of the day when the sun is directly overhead. UV radiation levels can be extreme on a day of 21°C or a day of 40°C, depending on the time of year.

A UV radiation level of 3 is high enough to cause skin damage to unprotected skin therefore it is important to protect skin when the UV radiation level is 3 and above. The higher the UV radiation level – the greater the potential for damage to skin.

Nearly all skin cancer is the result of overexposure to the sun, with childhood and adolescent exposure being a major cause.






While too much exposure to UV radiation will cause skin damage, too little can lead to vitamin D deficiency. Vitamin D is important for the development of healthy bones, muscles and teeth.

To ensure a healthy balance between UV exposure and UV protection it is recommended that skin is protected when the UV level is 3 and above. For much of South Australia, this is from the beginning of September to the end of April and at any other time the UV reaches 3 and above.

During the months of May – August sun protection is not needed on the days when the UV level is below 3.

AIMS

The aims of the Sun Smart policy are to:

-  Increase the school community's awareness of skin cancer and the importance of skin protection.
-  Increase the school community's awareness of the importance of a healthy balance between UV exposure and UV protection.
-  Encourage the use of a combination of sun protection strategies which will lower the risk of skin damage and skin cancer.
-  Encourage children's personal responsibility for and decision making about skin protection.
-  Increase awareness of the need for environmental changes in our school to reduce the level of exposure to the sun.



Our school will ensure our Educators and Learners use a combination of sun protection strategies every day during Terms 1 & 4 and when deemed appropriate in Terms 2 & 3. The Sun Smart UV Alert times are issued daily by the Bureau of Meteorology (BOM). The Sun Smart UV Alert is reported on the weather page of all major Australian daily newspapers, on the BOM website www.bom.gov.au/sa/uv/adelaide.shtml (over 300 locations across Australia):

1. Considering UV radiation levels when planning any outdoor activities:

- ✚ Extra care is taken between 10am and 3pm when UV radiation levels are at their peak
- ✚ Assemblies, fire drills, sports days, beach safety and excursions are planned earlier in the morning or later in the afternoon or at an indoor venue
- ✚ Sports day/carnival is planned (when possible) during May-August when UV radiation levels are lower

2. Using shade outdoors as much as possible:

- ✚ Ensure there is sufficient shade (trees and shelters) available in the school yard, particularly where children congregate (sandpit, canteen, play areas) and/or are involved in passive activities (outdoor education, lunch)
- ✚ Encourage children to use shaded areas as much as possible
- ✚ Consider shade when planning any outdoor activity – excursions, sporting carnivals, beach safety
- ✚ Include shade provision as part of the school development plan.

3. Including sun protective styles of clothing as part of our school uniform/dress code:

- ✚ Using closely woven fabrics
- ✚ Shirts with collars and sleeves
- ✚ Longer style shorts
- ✚ Rash tops for outdoor swimming activities

4. Requiring Learners and staff to wear a hat outdoors that protects the face, neck and ears when outdoors during Terms 1 & 4 and when deemed appropriate in Terms 2 & 3:

- ✚ Broad brimmed, bucket
- NO HAT, SIT IN THE SHADE RULE IS IMPLEMENTED (Terms 1 & 4).**

5. Encouraging the application of SPF 30+ broad spectrum sunscreen before outdoor activities:

- ✚ Learners are encouraged to come to school wearing sunscreen.
- ✚ Sunscreen is available for use from the First Aid room and each neighbourhood will be supplied with a pump container of Sunscreen.

6. Reinforcing the Sun Smart message in all school activities:

- ✚ Skin cancer prevention education included in the curriculum across all year levels
- ✚ Sun Smart message reinforced at school assemblies, newsletters, permission notes, school website, staff/School Board meetings.

7. Role Modelling

- ✚ Staff and parents are to be role models for Learners by wearing sun protective clothing, hats and sunscreen, and using shade as much as possible when outdoors.

8. Review policy every three years

- ✚ To ensure policy and practises are up to date and relevant to our school community the Sun Smart Policy will be reviewed and discussed at staff and school board meetings and changes made where necessary.



IMPLEMENTATION:

General Skin Protection Strategies

Children will:

- ✦ **Have correct school uniform hats with them every day.**
- ✦ Wear correct school uniform hats whenever they are outside - **during Terms 1 & 4 and when deemed appropriate in Terms 2 & 3 (including recess, lunch - Term 1 & 4, sport, excursions and walks all year round).**

- ✦ Remain in the designated covered areas if they do not have their hats at school on the day **during Terms 1 & 4 and when deemed appropriate in Terms 2 & 3** – NO HAT NO PLAY policy –**Terms 1 & 4 and when deemed appropriate in Terms 2 & 3.**
- ✦ Be given a sound understanding of skin cancer prevention through educational programs incorporated within the curriculum

Parents will:

- ✦ Provide a school hat for the child's use
- ✦ Be encouraged to apply SPF 30+ sunscreen before children begin the school day and provide their own SPF 30+ sunscreen for their child's use
- ✦ Be encouraged to practise skin protection behaviour themselves when on excursions or at school functions acting as positive role models

Staff will:

- ✦ Act as positive role models by wearing protective hats/ umbrellas/ sunglasses/ using SPF30+ sunscreen **during Terms 1 & 4 and when deemed appropriate in Terms 2& 3.**
- ✦ Monitor the wearing of correct hats by all Learners – **Hats Term 1 & 4, when deemed appropriate in Terms 2 & 3. Hats to be worn for all excursions and walks.**
- ✦ Use individual discretion in scheduling outdoor activities
- ✦ Supervise children inside during extreme weather conditions – summer or winter - refer to weather policy
- ✦ Incorporate programs on skin cancer prevention in their curriculum and regularly reinforce the Policy through school and class newsletters

Front Office staff:

- ✦ **During Terms 2 & 3** , Front office staff will check UV reading at the beginning of each day and let staff know if the UV level is 3 and above. ***The Sun Smart UV Alert times are issued daily by the Bureau of Meteorology (BOM). The Sun Smart UV Alert is reported on the weather page of all major Australian daily newspapers, on the BOM website www.bom.gov.au/weather/uv for over 300 locations across Australia.***

REFERENCES:

www.sunsmart.org.au

Cancer Council Australia www.cancer.org.au/cancersmartlifestyle/sunsmart

UV information:

Bureau of Meteorology <http://www.bom.gov.au.weather/uv> &

<http://www.bom.gov.au/sa/uv/index.shtml>

Australian Radiation Protection and Nuclear Safety Agency (ARPANZA)

www.arpanza.gov.au/uvindex/daily/ausuvindex.htm

Real time UVR levels for around Australia www.arpanza.gov.au/unvidex/realtime/ausrealtime.htm



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in the Mercy tradition

Policy date: _____ Responsibility for update: Staff, Cancer Council

Policy ratified by School Board: _____ Review year: _____

Signed: _____