



ST JAMES SCHOOL

SUNSMART POLICY

Rationale

A balance of ultraviolet radiation (UV) exposure is important for health. Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. Sun exposure in the first 10 years of life is a major factor in determining future skin cancer risk.

Too little UV from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health.

At St James School we care for the safety and wellbeing of staff, students and visitors.

Therefore we follow the following Sunsmart Policy.

Objectives

This SunSmart Policy has been developed to:

- Ensure all students and staff have some UV exposure for vitamin D.
- Encourage the entire school community to use a combination of sun protection measures.
- Work towards a safe school environment that provides shade for students, staff and the school community at appropriate times.
- Assist students to be responsible for their own sun protection.
- Ensure that families and new staff are informed of the school's SunSmart policy.

1. Shade

- 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 e.g. lunch, canteen, outdoor lesson areas and popular play areas.
- The availability of shade is considered when planning excursions and all other outdoor activities.
- In consultation with the School Board, shade provision is considered in plans for future buildings and grounds.
- Students are encouraged to use available areas of shade when outside.

2. Clothing

- Sun protective clothing is included in our school uniform / dress code and sports uniform. School clothing is cool, loose fitting and made of densely woven fabric. It includes shirts with collars and elbow length sleeves, longer style dresses and shorts and rash vests or t-shirts for outdoor swimming.
- When casual days are held parents and students are reminded that clothes need to be follow the 'sunsmart' code.

3. Hats

- **All** students and staff are required to wear hats (Term 1 and 4) that protect their face, neck and ears, i.e. legionnaire, broad brimmed or bucket hats, whenever they are outside. Baseball or peak caps are not considered a suitable alternative. No hat, no play is enforced in Term 1 and 4.
- **All** students and staff are strongly encouraged to wear hats (Term 2 and 3) that protect their face, neck and ears. In Term 2 and 3 hats (as described above) are required for outdoor activities of an hour or more in duration.

- The uniform policy allows students to wear beanies in Term 2 and 3, it is recommended that students opting to wear beanies have sunscreen applied to the face, ears and neck.

4. Sunglasses [OPTIONAL]

- Students and staff are encouraged to wear close fitting, 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

- The school supplies SPF 30+ broad spectrum, water resistant sunscreen for staff and student's use.
- Sunscreen is applied at least 20 minutes before going outdoors and reapplied every two hours if outdoors.
- Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminder notices, sunscreen monitors, sunscreen buddies).
- Students who experience allergic reaction to school supplied sunscreen are to supply sunscreen from home for application. A note from parents is to accompany this.

Staff OHS and Role modelling

As part of OHS UV risk controls and role-modelling, when the UV is 3 and above staff:

- wear sun protective hats, clothing and sunglasses when outside
- apply SPF 30+ broad spectrum, water resistant sunscreen
- seek shade whenever possible

Families and visitors are encouraged to use a combination of sun protection measures (sun protective clothing and hats, sunglasses, sunscreen and shade) when participating in and attending outdoor school activities.

Curriculum

- Programs on skin cancer prevention and vitamin D are included in the curriculum for all year levels.
- SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school homepage, parent meetings, staff meetings, school assemblies, student and teacher activities and on student enrolment.
- Staff are encouraged to access the SunSmart UV Alert at sunsmart.com.au to find out daily local sun protection times to assist with the implementation of this policy.

Review

- The School Board and staff regularly monitor and review the effectiveness of the SunSmart policy (at least once every three years) and revise the policy when required.

Reviewed October 2014

Next policy review: August 2016

(References: Cancer Council SA Skin Protection Policy; Sunsmart.com.au)