



St. James School

1 King Edward Tce, Jamestown SA 5491
info@stjames.catholic.edu.au
www.stjames.catholic.edu.au
Ph: 08 8637 9100

Created:	August 2023
Version:	1
Passed:	September 2023
Review:	February 2026

Sun Smart Policy

Developed by: Staff and School Board

Note: All references to 'Staff members' include Administration Staff, Support Teachers, Teachers and Temporary Relieving Teachers.

Underlying Assumptions, Philosophy and Rationale:

We at St James School believe that:

- Australia has one of the highest incidences of skin cancer in the world.
- Ultraviolet (UV) radiation is part of the Sun's light that burns and damages the skin.
- The higher the UV levels the quicker damage occurs to the skin.
- Too much exposure to UV will cause skin damage, too little can lead to Vitamin D deficiency. Sensible sun protection when the UV is 3 and above does not put people at risk of vitamin D deficiency.
- To ensure a healthy balance between UV exposure and UV protection, it is recommended that skin is protected when UV is 3 and above.
- For much of South Australia this tends to occur from the beginning of August to the end of April.
- The crucial period for skin damage, where skin damage will contribute the most to future risk of skin cancer occurs during the first 20 years of life.
- Schools can play a significant role in changing behaviours through education and modelling.
- Wearing a hat and sunscreen when participating in outside activities during the months when UV is 3 and above is a positive and healthy habit for children to form.
- During the months of May to the beginning of August sun protection (including hats) are not needed on the days when UV level is below 3.
- Schools have a responsibility to initiate and implement skin cancer prevention strategies in the interests of children's health. The children, parents/carers, staff, and visitors need to be aware of the harmful effects of UV radiation.

Purpose/Aims:

Through the application of this policy, we at St James School aim 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 children's responsibility for skin protection.
- Increase awareness of the need for environmental changes in our school to reduce the level of exposure to the sun.
- Encourage children, parents/carers, staff, and visitors to wear protective clothing, hats, and sunscreen during terms of 1, 3 and 4 when involved in outside activities. E.g., break times, excursions, sporting activities, camps etc.

Guidelines:

In support of this policy the following procedures are for implementation during terms 1,3 and 4 and when the UV is 3 and above at other times.

The Principal will:

- Ensure that all staff, children, parent/carers are aware of the School's Sun Smart Policy.
- Inform parents/carers of the Sun Smart Policy via the newsletter and website.
- Regularly reinforce and promote SunSmart behaviour to the whole school community (e.g., via newsletters, assemblies, bulletin boards, parent, and staff meetings)

All Staff members will:

- Monitor the local daily sun protection times during Term 2 (May, June, July) and August using either the BOM website, SunSmart app or SunSmart widget on the school website to determine when sun protection measures are necessary.
- Wear an appropriate hat when participating in any school outdoor activity including yard duty during terms 1,3 and 4 and when the UV is 3 and above at other times.
- For Work, Health and Safety UV risk controls, staff will model appropriate Sun Smart behavior including wearing sun protective clothing, sunscreen, sunglasses and seeking shade when outdoors.
- Ensure that all children wear a school hat whenever they are involved in outdoor school activities: during terms 1,3 and 4 and when the UV is 3 and above at other times.
- Actively encourage children to use available areas of shade for outdoor activities.
- Consider the availability of shade when planning excursions and all other outdoor activities
- Whenever possible all outdoor activities will be scheduled out of the peak UV times of the day or in the shade.
- Consider a combination of skin protection measures when planning outdoor events (e.g., camps, excursions, sporting activities and swimming carnivals).
- Encourage children to apply sunscreen before they come to school each day. Sunscreen is applied 20mins before going outdoors and reapplied every 2 hours when outdoors or more often if washed or wiped off.
- Encourage (assist Junior primary) children to re-apply the school provided sunscreen before lunch time. Children with sensitive skin are encouraged to supply their own appropriate sunscreen.
- Ensure that skin cancer prevention education is included in the curriculum across all year levels.
- Ensure that the 'No hat. play in the shade' rule is enforced during policy implementation times.

Children will:

- Wear an approved school hat that provides protection to the face, neck and ears including broad-brimmed, legionnaire and bucket style hats whenever they are involved in outdoor school activities. Caps are not acceptable.
- Be encouraged to apply SPF30 or higher broad-spectrum water-resistant sunscreen before school and be required to apply sunscreen at school including reapplication every 2 hours when outdoors. Sunscreen will be reapplied even within the 2 hours if washed or wiped off.
- Supply their own SPF 30 or higher broad-spectrum, water-resistant sunscreen.
- Follow the 'No hat. Play in the shade' rule during terms 1, 3 and 4 and when UV is 3 and above at other times.
- During the term 2 sun protection, including the wearing of hats and sunscreen will not be required when the UV is below 3.
- Be required to wear the school uniform that offers adequate protection through tops and dresses with collars and longer style sleeves and longer style shorts, dresses, and skirts. Rash tops or t-shirts over bathers will be recommended for outdoor swimming activities.
- Children who are not wearing the appropriate clothing will be required to play in an area protected from the sun.

Parents/Carers will:

- Ensure that children have the use of a school hat during terms 1, 3 and 4 and when UV is 3 and above at other times.
- Provide children with a suitable SPF 30 or higher broad-spectrum, water-resistant sunscreen.
- Encourage/assist children to apply SPF 30 or higher sunscreen in the morning before attending school.
- Provide children with skin sensitivities their own sunscreen to bring to school. The school will supply Cancer Council SA sunscreen.
- Be aware of the school's 'Sun Smart' policy.
- Support Children to wear the school uniform to protect the skin.
- Be encouraged to role model SunSmart behaviours when participating in or attending outdoor activities with the school

Visitors will:

- Be encouraged to role model SunSmart behaviors when participating in or attending outdoor activities with the school.

Implementation:

- All members of staff will have access to the policy via the school's intranet.
- Parents/Carers and the community will be informed of this policy via the newsletter and can access the policy via the school website.
- Staff are encouraged to access the local daily sun protection times during term 2 and August using the BOM website, SunSmart app or SunSmart widget on the school website to determine when sun protection measures are necessary.

Policy review:

- The sun protection policy is regularly reviewed (at least every three years) and updated as required to ensure that the information remains current and relevant.

Basis of Discretion:

The Principal has the discretionary option to vary this policy on days with adverse weather conditions.

Signed _____
(Principal on behalf of School Board)

Date _____

Documents:

Sun Smart Policy Guidelines' Cancer Council SA

Financial Budget:

Nil

Resources:

SPF 30 or higher broad-spectrum water-resistant Sunscreen made available for staff and student use.