



OUR LADY OF THE ROSARY SCHOOL

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Sun Safe Procedures

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RATIONALE:

Over-exposure to UV (ultraviolet) rays causes sunburn, skin damage and increased risk of skin cancer. **Inappropriate sun exposure in the first 18 years of life contributes significantly to the lifetime risk of developing skin cancer.** However, some skin exposure to the sun's UV rays is needed for the production of vitamin D, vital for maintenance of healthy bones, teeth and general good health.

Being SunSmart is a whole-of-year approach. It means using sun protection when the UV is 3 and above (usually mid-September to mid-April), and safe sun exposure for vitamin D (usually mid-April to mid-September).

This policy will provide:

- guidelines to ensure children, educators, volunteers and others participating in programs and activities, maintain a healthy balance of ultraviolet (UV) radiation exposure
- information for parents/guardians, educators, volunteers and children attending Our Lady of the Rosary, regarding a healthy balance of UV radiation exposure.
- Link to the Cancer Council's Sunsmart Policy in school policy folder
https://docs.google.com/document/d/1bPouzsC8TleDrcli-ET0rpnYu2XcEvqRmv_gRROat4FQ/edit

OUTCOMES:

Students, staff and parents will develop:

- Positive attitudes towards skin protection
- Lifestyle practices which can help reduce the incidence of skin cancer and the number of related deaths
- Personal responsibility for, and decision making about, skin protection
- Awareness of the need for further environmental improvements in our school to reduce the level of exposure to the sun.

STRATEGIES:

- Children will wear sun-safe hats to protect the face, neck and ears whenever they are outside such as during break times, sport, excursions and sports carnivals. The wearing of sun-safe hats is required. Recommended sun-safe hats include our school's broad-brimmed style. Baseball caps are not recommended at any time.
- The **NO HAT, NO PLAY, SIT IN THE SHADE** rule will be enforced. Children without hats sit in the designated area.
- The wearing of sun-safe clothing that provides protection from the sun is required. SunSmart clothing is part of the school and sports uniforms. This must also be adhered to on Mufti days.
- Outdoor activities will be held in areas of shade where possible. The school has a number of designated shade areas in each playground that students are able to select. Trees have been planted on the outskirts of the oval to provide extra shade in the years to come.
- Teachers will endeavour to schedule outdoor activities before 10:00 am and after 2:00 pm whenever possible.
- The use of sunscreen is encouraged and promoted and must be at least SPF 30 or higher broad-spectrum water-resistant. Where possible, sunscreen is applied before the students come to school and reapplied if necessary by the sunscreen supplied and carried by the student. It is recommended that the teachers do not supply sunscreen due to allergies.
- UV levels and daily sun protection times are used to plan daily activities and ensure a correct understanding of local sun protection requirements.
- When children are on excursions all sun protection practices are planned, organised, understood and available
- UV levels and daily sun protection times are used to plan daily activities and ensure a correct understanding of local sun protection requirements
- Teachers will integrate programs on skin cancer prevention, where appropriate, across all Key Learning Areas e.g. – Cancer Council Sun Smart Teaching Resource.
- Teachers can access the School Sun Safety guidelines.
- Staff members are required to act as role models by practising good sun protection behaviours. (all staff are required to wear a hat when on duty).
- Promote and reinforce the Sun Smart Policy in a positive way through newsletters, parent meetings and student/teacher activities and bell time reminders.

Parents will be informed about the Sun Smart Policy through the newsletter, website and in the School Handbook.

Staff, students and parents will be encouraged to practice Sun Smart behaviour by:

- Wearing hats and appropriate clothing where possible

- Use the UV information to inform students of sun risk
- Using SPF 30+ broad spectrum, water resistant sunscreen for skin protection
- Seeking shade whenever possible.

EVALUATION:

Monitor and evaluate the implementation of the Sun Smart Policy.

- Monitor and record the skin protective behaviour of the school community, the use of hats/clothing, sunscreen and shade, for example.
- Analyse the scheduling of outdoor activities
- Review the policy regularly