Our Lady Queen of Peace

SUN PROTECTION POLICY

Review March 2018
The Our Lady Queen of Peace Catholic School Skin Protection Policy for Reception to Year Seven is based on the Cancer Council South Australia Foundation SA SunSmart Policy for Schools.

**Rationale**

Australia has the highest incidence of skin cancer in the world with two out of every three people developing some form of skin cancer before they are 70. Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Sun exposure in the first ten years of life determines, to a substantial degree, the likelihood of skin cancer developing later in life. Cancer Council SA advises people protect their skin at times when the ultraviolet (UV) radiation level is 3 and above—this is when it is strong enough to cause damage to unprotected skin. For much of South Australia, UV radiation levels are 3 and above every day from September to April—it is these months that sun protection is necessary. Cancer Council SA recommends that a skin protection policy be in place from 1 September until 30 April when UV radiation levels are 3 and above. It is highly recommended that UV radiation levels are monitored, particularly during May and August as they may be 3 or above depending on location. Cancer Council also recommends that particular care should be taken during these months between 10.00am – 3.00pm, when the radiation levels are at their highest.

It is important to balance sun protection with safe sun exposure for the production of vitamin D for bone growth and development. During May to August, at times when the UV radiation level is below 3, sun protection for most people is not necessary.

There are four factors, often occurring simultaneously, which contribute to these statistics:

1. The population is predominantly fair-skinned.
2. Ultraviolet light from the sun is of sufficient intensity to induce skin cancer in this susceptible population.
3. For most of this century, social values have supported the belief that a suntan is healthy and attractive.
4. Lifestyle, work, school and recreational habits expose people to the sun for long periods.

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 sunburn, tanning and sun exposure over the lifetime 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.

Aims
The aims of the “Our Lady Queen of Peace Catholic School Skin Protection Policy” are to promote among students, staff and parents:

- 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 environmental changes in schools to reduce the level of exposure to the sun.

Implementation
This policy is for implementation from 1st September until 30th April and when the UV is 3 and above at other times. Throughout the year special consideration needs to be given to the daily UV reports when students are outdoors. To assist with the implementation of this policy, staff and students are encouraged to check the daily UV alert via [www.bom.gov.au/sa/uv](http://www.bom.gov.au/sa/uv).

The purpose of the policy is to ensure that all members of our school community are protected from skin damage caused by harmful ultraviolet rays from the sun.

During school hours, staff and parents need to ensure that the time of day, the appropriate clothing and sunscreen protection is taken into account as set out in the following guidelines for any outdoor activity.

For out of school hours sports refer to the Our Lady Queen of Peace Out of School Hours Sport Policy.

All members of the school community will be strongly encouraged to use the following skin protection strategies:

1. **Avoid lengthy periods of the direct sun between the hours of 10 a.m. and 3 p.m.**
   1.1 Recess periods will finish by 11.30 a.m.
   1.2 Lunch period of 30 minutes with students eating in the classroom for 10 minutes or under the protection of the verandah or school lunch shed before going outside.
   1.3 Whenever possible, all outdoor activities should be scheduled before 10 a.m. and after 3 p.m. and avoiding the hottest periods of the year. When planning special outdoor events the guidelines of this policy need to be taken into account.
1.4 School assemblies are held in the School Hall.
1.5 The Library will be open for student use during the lunch period.
1.6 Students will remain indoors when temperature is 35°C and above.

2. **Use the shade of trees, pergolas, umbrellas and tents whenever outdoors.**
   2.1 The provision of appropriate shade trees (especially for children’s play areas) will be regularly assessed.
   2.2 The P.E. coordinator and committee will review the availability of shade structures etc. for use during outdoor activity, e.g. annual Sports day.
   2.3 The further provision of shade areas will be considered amongst the priorities in any forward planning for the school.

3. **Staff and students wear appropriate clothing which protects the skin.**
   3.1 Students, staff and parents will be expected to wear a broad brim style hat all year, wherever involved in outside school activities. Students not wearing a hat will be asked to move to a shaded area at Lunch times in the library verandah area or into the library. When the UV is below 3, students may be encouraged to take off their hats for vitamin D at the discretion of staff.
   3.2 The School Uniform Committee will take the recommendations of this policy into account when reviewing any changes to the Our Lady Queen of Peace School uniform (i.e. Length of sleeves, shorts / skirts and collars).
   3.3 Students are expected to wear the school uniform which provides adequate protection to the skin, including shirts and tops with collars and longer style sleeves and longer style shorts and dresses. Staff are also expected to wear clothing that adequately protects the skin shirts and tops with collars and longer style sleeves and longer style shorts and dresses.
   3.4 See Sports Policy in regard to team uniforms for out of school hours sport.

4. **Apply a 30+/50+ broad spectrum, water resistant sunscreen to clean, dry skin, 15-20 minutes before going outdoors. Reapply sunscreen every two hours if outdoors for a prolonged period of time, or more frequently if swimming or perspiring.**
   4.1 Students will be encouraged to supply their own SPF 30 or higher broad spectrum, water resistant sunscreen. There will be containers of sunscreen supplied in each classroom for parent, teacher and student use. Supplies for staff also available in staffroom and toilets. Supplies may be purchased from the school.
   4.2 Students will be encouraged to apply sunscreen before school in the morning. Sunscreen will also be applied, with supervision, 15-20 minutes
before Recess or before morning Fitness. Students are to reapply sunscreen before going out to lunch.

4.3 Students will be encouraged to reapply sunscreen if they are involved in outdoor activities after 11 a.m. Adequate time must be allowed for students to do this.

4.4 Staff to take responsibility to ensure a class supply of sunscreen is available at all times. Pump bottles can be refilled from central supply (First Aid Room).

4.5 Teachers to take class sunscreen along on outdoor excursions and to make it available for students, teachers and adult helpers use.

5. **Reinforcing the SunSmart message in the classroom activities and in general school procedures are important strategies in the adoption of the skin protection behaviours.**

5.1 Staff, parents and visitors will be encouraged to role model appropriate SunSmart strategies in all school activities.

5.2 Skin cancer prevention activities will be included in the Health curriculum.

5.3 Staff will be kept up to date with information and resources through the Cancer Council South Australia Foundation’s “Cancer Prevention and Education Primary Schools Newsletter”, and by regular contact with the ACF Resource Centre.

6. **The Our Lady Queen of Peace Catholic School Skin Protection policy will be evaluated on an ongoing basis.**

6.1 Staff will review the Sun Smart School Policy and the Hot Weather Policy at the start of each school year and implement appropriate changes.

6.2 In the first year of the implementation of this policy, the Cancer Council South Australia School Project Officer will be contacted to provide an inservice for the staff if available.

6.3 Curriculum and information material will be updated regularly by:
   a) Information from “SunSmart Schools Newsletter” available for staff reading. (Published by Cancer Council South Australia).
   b) School-based resources will be listed and updated by the School library on a regular basis.
   c) Contacting Cancer Council South Australia SunSmart Schools Program Project Office
      SunSmart Schools Program
      Cancer Council South Australia
      202 Greenhill Rd Eastwood SA 5063 (PO Box 929 Unley BC 5061)
      Ph: 80 8291 4356 Fax: 08 8291 4268

6.4 SunSmart messages will be reinforced regularly in the school community at assemblies, parent meetings and S.R.C meetings and through class and school newsletters and permanent school posters. The SunSmart Program Co-ordinator to book Cancer Council South Australia SunSmart
Schools Project Officer as a speaker to address staff, governing council and parents to reinforce appropriate SunSmart skin protection strategies (as available).

7. Library Resources
   - Cancer Council South Australia (3877)
   - Fancy That – a sun smart story (10047)
   - Living with Sunshine (6480)
   - Posters of SunSmart (10435)
   - Skin Care Folder (9941)
   - Spot the Difference (2522)
   - Sun Safe (6764)
   - Sun Smart (10382)
   - SunSmart fun for Everyone 2nd edition (10041)
   - SunSmart fun for Everyone 2nd edition (10479)
   - SunSmart Slip Slop Slap (10556)