SKIN PROTECTION RATIONALE

The Skin Protection Policy is implemented to educate the school community about the risks of excessive UV radiation exposure and to have structures which minimise risks of skin cancer.

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 85.

Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Sun exposure in the first 10 years of life determines, to a substantial degree, the likelihood of skin cancer developing later in life.

The Cancer Council of SA advises people to 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 and it is during these months that sun protection is necessary.

The Cancer Council of SA recommends that a skin protection policy be in place all year round but especially from 1st September until the 30th 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 still may be 3 or above depending on your location. The Cancer Council also recommends that particular care should be taken between 10:00am - 3:00pm, when the UV 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, the need for sun protection for most people is lessened.

AIMS

The aims of the St Joseph’s School Skin and Sun Protection Policy are to promote among children, 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 our school to reduce the level of exposure to the sun.

IMPLEMENTATION

The purpose of the policy is to ensure that all members of our primary school are protected from skin damage caused by the harmful rays of the sun. It is an expectation that all staff, students and parents of St Joseph’s School will use the following skin protection strategies:

1. Take particular care if in the direct sun between the hours of 10am and 3pm and outside of these times when the ultraviolet radiation level is 3 (moderate) and above.
   - On these occasions, all outdoor activity sessions will be held in shaded areas.
   - Whenever possible, all outdoor activities will be scheduled before 10am and after 3pm.
   - If not possible, activities will be conducted indoors or in areas which are shaded.

2. Use the shade of trees, verandas, school tents whenever outdoors.
3. Wear appropriate clothing that protects the skin.
   • Students, staff and parents will be expected to wear an approved broad brimmed hat, whenever they are involved in outside activities. Students not wearing an appropriate hat will be expected to play in the shade.
   • In line with the Uniform Policy students wear shirts with collars.

4. Students will be encouraged to apply a broad-spectrum, water resistant sunscreen with an SPF of 30+ to clean, dry skin, 15 - 20 minutes before going outdoors for lunch or curriculum activities. Sunscreen should be reapplied every two hours if outdoors for a prolonged period of time (ie sports days, excursions, camp), or more frequently if involved in water activities or perspiring.
   • Adequate time must be allowed for students to apply sunscreen before going outdoors.
   • Parents will be encouraged to supply sunscreen for their children, although there will be bulk sunscreen packs available in all classrooms and the staffroom.
   • Sunscreen application will be encouraged before going out to lunch or any outdoor activity between 10am and 3pm.

5. Reinforcing the SunSmart message in all school activities and in general school procedures is an important strategy in the adoption of the skin protection behaviours.
   • Staff will be encouraged to role model appropriate SunSmart strategies in all school activities.
   • Skin cancer prevention will be included in the curriculum at each year level.
   • Staff will be encouraged to keep up to date with new information and resources through contact with The Cancer Council SA.
   • Information about the school’s SunSmart Policy will be given to all new staff, students and families.

6. The St Joseph’s School Skin Protection Policy will be reviewed on a 3 yearly basis with staff, parent and School Board input.
   • Policy issues will be discussed at staff and school board meetings.

**SUN PROTECTION RATIONALE**

At St Joseph’s School;
Children are expected to wear the approved school brimmed hat when out-doors. This includes Physical Education lessons, fitness, play times, sports days and camps and excursions. Children without a hat will be excluded from the activity and will remain in shaded area. Staff are also expected to wear an appropriate hat outdoors. Whenever practical Physical Education lessons, fitness and activities will take place outside high risk UV times.

Sun protection and skin cancer prevention programs are incorporated into the curriculum at all year levels. In particular, at the start of Term 1 and 4, children will be reminded about the importance of wearing hats and sunscreen.

St Joseph’s School is a registered SUNSMART School.

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Signed:
Chairperson School Board: **Kieran Johnson** .................................................................
Principal: **Don DePalma** .................................................................

Policy Review Date: March 2014
Next Review Date: March 2017