



## 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 August 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 the 1<sup>st</sup> August until the 30<sup>th</sup> April when UV radiation levels are 3 and above. It is highly recommended that UV radiation levels are monitored, particularly during May as they still may be 3 or above depending on your location.

It is important to balance sun protection with safe sun exposure for the production of vitamin D for healthy bones and muscles and for general health.

## 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 in the wider community.
- 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 and consultation with the Board that shade provision is considered in plans for future buildings and grounds.

## IMPLEMENTATION

This 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 and is for implementation throughout the whole school year.

- Students and staff are required and actively encouraged, to wear their school hat whenever they are involved in outside activities. Children not wearing a school hat will be expected to sit in a shaded area. NO HAT! NO PLAY!
- Volunteers and visitors are actively encouraged to wear a broad brimmed hat when they are involved in outside activities.
- The shade of trees, pergolas, verandas, umbrellas and school tents will be used and its use actively encouraged by staff.
- Uniform is compulsory which consists of shirts with collars and longer style shorts or skirts and bucket hats.
- Students, staff and volunteers will be expected, and visitors to our school will be actively encouraged to use a combination of sun protection measures when participating in and attending

outdoor school activities.

- Students are expected to wear a rashie or t-shirt for all outdoor swimming activities.
- All assemblies are held in the Covered Outdoor Learning Area.
- Students eat indoors or under shade on a daily basis.
- At times of UV Level 3 or above recess and lunch are modified or students will remain inside for indoor play.
- Whenever possible, all outdoor activities will be scheduled outside the daily sun protection times, conducted indoors or in the shaded areas of the school. If necessary they will be postponed or cancelled. Daily sun protection times can be sourced from the Bureau of Meteorology via [www.bom.gov.au/sa/uv](http://www.bom.gov.au/sa/uv) or the SunSmart app for mobile phones or widget via <https://www.cancersa.org.au/cut-my-risk/sunsmart/resources/sunsmart-app-and-widget>. Staff and parents are welcomed and encouraged to download to their phones for daily use and up-to-date information about UV radiation levels.
- Parents/Carers will be encouraged to ensure their child/ren apply a broad-spectrum, water resistant sunscreen with an SPF of 30+ to clean, dry skin in the morning prior to the child coming to school.
- Parents will be encouraged to supply sunscreen for their children, although there will be bulk sunscreen packs available in all classrooms and the staffroom.
- When at school sunscreen should be applied 20 minutes prior to going outdoors and 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.
- Staff will be encouraged to role model appropriate SunSmart strategies; this includes the wearing of protective hats, clothing and sunglasses and applying SPF 30 water resistant sunscreen whilst on yard duty or conducting any outdoor lessons and/or activities.
- Staff will reinforce the SunSmart message in the curriculum of all year levels and during school activities and in general school procedures eg newsletters, assemblies etc so that the staff, parents and entire school community are informed of the policy.
- Staff will educate students about sun protection, Vitamin D and to be SunSmart and to take personal responsibility for their own skin protection.
- Information about the school's SunSmart Policy will be given to all new staff, students and families.
- Children are encouraged to wear close fitting, wraparound sunglasses that meet the Australian Standard AS/NSZ 1067.1:2016 (Sunglasses: lens category two, three or four).
- The St Joseph's School Skin Protection Policy will be reviewed on a 3 yearly basis to ensure that the information remains current and relevant.
- Policy issues will be discussed with staff, SRC and St Joseph's School Board.

## SUN PROTECTION RATIONALE

At St Joseph's School;

Children are expected to wear the approved school 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 and from the 1st August to the 30th April children will be reminded about the importance of wearing hats and sunscreen. St Joseph's School is a registered SUNSMART School.

Signed:

Chairperson School Board: *Emma Warner* ..... August 2022

Principal: *Don DePalma* ..... August 2022

Policy Review Date: Aug 2022

Next Review Date: Aug 2025