Policy Statement

SUN SMART                      Date Reviewed: April 2016

Aim

The aims of the St Martins Sun Smart 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 the decision making about skin protection
- Awareness of the need for environmental changes in our school to reduce the level of exposure to the sun

Rationale

St Martins has in place a NO HAT NO PLAY policy for Terms 1, 3 and 4 of the school year. This policy was put in place to protect students and staff from the harmful effects of the sun on the skin over extended periods of time, particularly between 1st August and 30th April. Research has shown that Australia has the highest incidence of skin cancer in the world, with skin cancer accounting for around 80% of all diagnosed cancers each year.

Like other schools, St Martins is able to help reduce the incidence of skin cancer and the number of related deaths by informing and encouraging all members of the school community to use effective skin protection. St Martins is an approved SunSmart School through the Cancer Council SA.

Implementation

1. NO HAT NO PLAY POLICY during Terms 1, 3 and 4 with the expectation that members of the school community will wear hats during this time. Students are also asked to wear hats and/or skin protection for high UV days outside during Term 2, particularly with major outdoor events such as walks, cross country running or outdoor excursions.

2. It is an expectation that all staff, students and volunteer parents will use the following skin protection strategies:
   2.1 Take particular care if in direct sunlight between the peak UV times of the day
   2.2 Whenever possible, all outdoor activities will be scheduled outside of the UV peak times, conducted indoors, or in the shade areas of the school.
3. Use the shade of trees, pergolas and gazebos whenever outdoors.
   3.1 Portable gazebos be erected for all extended activities outdoors between 1st August and 30th April or days when the UV is 3 and above outside these months.
   3.2 Shade structures be factored in to planning to provide protected outdoor learning spaces and play
   3.3 Maintain shade trees and plan for replacement
   3.4 Children will be encouraged to seek shade during play and leisure times

4. Wear appropriate clothing that protects the skin.
   4.1 Students, staff and volunteer parents will be expected to wear a broad brimmed hat or bucket hat with a deep crown and a brim width of 6cms whenever they are involved in outside activities. Children not wearing an appropriate hat will be expected to play in the shade.
   4.2 Students will be encouraged to wear shirts with collars and at least elbow length sleeves, and longer style shorts/skirts.
   4.3 Students who regularly neglect to wear their hat will miss play and the matter will be addressed with parents

5. In Terms 1, 3 and 4 students will be encouraged to apply a broad-spectrum, water resistant sunscreen with an SPF30+ or higher to clean, dry skin 15-20 minutes before going outdoors and will be encouraged to reapply every 2 hours when outdoors.
   5.1 Adequate time must be allowed for students to apply sunscreen.
   5.2 Parents will be encouraged to supply sunscreen for their children, although there may be bulk sunscreen packs available in all classrooms or for special outdoor events.

6. Reinforcing the SunSmart message in all school activities and in general school procedures is an important strategy in the reinforcement of skin protection behaviours.
   6.1 Staff will be encouraged to role model the appropriate SunSmart strategies in all school activities including wearing a sun protective hat, clothing and sunglasses and seeking shade
   6.2 Skin cancer prevention will be included in the curriculum at most year levels.
   6.3 Staff will be encouraged to keep up to date with new information and resources through contact with The Cancer Council South Australia’s Resource Centre.

7. School Services such as Out of School Hours Care and Vacation Care will implement the Skin Protection Policy of the College.
   7.1 Students attending Out of School Hours Care/Vacation Care will be required to have a hat for outdoor activities.
   7.2 During before school care children are not required to wear sun protection as the UV is rarely above 2 during this time. Children have the opportunity for safe sun exposure for vitamin D
   7.3 During after school care children will be required to wear sun protection, as outlined in the procedures above, during Terms 1 and 4. During Terms 2 and 3 the UV is below 3 in after school care and children can receive safe sun exposure for vitamin D
8. The St Martins Sun Smart Policy will be reviewed on a biannual basis and shared with staff and SRC.

Definitions

SunSmart School: A school with membership to the national SunSmart Schools Program that is supported by Cancer Council SA to promote best practice skin protection through curriculum, policy and procedures.

References

2. St Martins Extreme Weather Policy
3. SunSmart Program Implementation Times

Review Date and Specifications

To be reviewed: April 2018

Review of the policy using the current reference material and information from Cancer Council SA.