



TENISON WOODS CATHOLIC PRIMARY SCHOOL

Sun Smart Policy

Date ratified: March 2021

Review Date: November 2024



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VISION STATEMENT

Tenison Woods Catholic School is a faith filled community with a commitment to:

INSPIRE, INNOVATE and EXCEL

RATIONALE

This SunSmart policy provides guidelines to:

- Ensure all students and staff have some UV exposure for vitamin D.
- Ensure all students and staff are well protected from too much UV exposure by using a combination of sun protection measures whenever UV levels reach 3 and above.
- **Ensure the outdoor environment is sun safe and provides shade for students and staff.**
- **Ensure students are encouraged and supported to develop independent sun protection skills.**
- **Support duty of care requirements**
- Support appropriate WHS strategies to minimise UV risk and associated harms for staff and visitors

Background

A balance of ultraviolet radiation (UV) exposure is important for health. Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. Exposure to the sun's UV during childhood and adolescence is associated with an increased risk of skin cancer in later life. Too little UV from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health.

AIM

The aim of Tenison Woods Sun Smart Policy is to promote among children, staff and parents/caregivers:

- 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 decision making about skin protection, including the importance of Vitamin 'D'.
- Awareness of the need for environmental changes in schools to reduce the level of exposure to the sun, during the period **Mid-August – late April.**

IMPLEMENTATION

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

1. **A combination of sun protection measures are to be considered for all outdoor activities from Mid-August to the end of April and whenever UV levels reach 3 and above.**
 - a. Children are expected to wear a hat when involved in outside school activities during Term 1 and Term 4 and at other times when required by the teacher. This means that children should have hats at school all through the school year. Children not wearing hats will be asked to play in the shaded areas of the school.
 - b. All staff are expected to wear similar protection when outside. Umbrellas or parasols may be used to replace the wearing of a hat.
 - c. Students are advised to wear shirts with collars and at least elbow length sleeves and longer style shorts/skirts.
 - d. Staff and students are encouraged to access the daily local sun protection times at sunsmart.com.au or on the free SunSmart app to assist with the implementation of this policy.
2. **Avoid being in direct sunlight between the hours of strong sunlight and especially when the reported UV alert reports UV levels of 3 or over.**
 - a. In cases where temperatures reach and exceed 36C children will have inside play during lunch periods and only shaded/verandah play during recess.
 - b. Whenever possible, outside activities should be scheduled before 10am or after 2pm (outside of that period May-August) and conducted indoors or in the shaded areas of the school, if practical.
3. **Use of shaded areas when outdoors in periods of high UV, usually (Mid-August to the end of April)**
 - a. Students are encouraged to use available areas of shade when outside.
 - b. Make use of shaded areas during duties and/or excursions.
 - c. The availability of shade is considered when planning all other outdoor activities and excursions.
4. **Apply 30+ broad spectrum sunscreen, to clean dry skin, 20 minutes before going outdoors. Reapply every two hours if outdoors for a prolonged period of time.**
 - a. Children should be encouraged to apply sunscreen before school and then again 20 minutes before going out to lunch/sport.
 - b. Children are encouraged to supply and apply their own sunscreen, although there will be school supplied sun screen available in each classroom.
5. **Reinforcing the Sun Smart policy in classroom activities and in general school procedures are important strategies in the adoption of skin protection behaviours.**
 - a. Staff will be encouraged to model appropriate Sun Smart strategies in all school activities.
 - b. Staff will be kept up to date with information and resources through the Anti-Cancer Foundation's materials.
6. The Tenison Woods Sun Smart policy will be evaluated on an ongoing basis and discussed at staff, SRC and parent/caregiver meetings.