



TENISON WOODS CATHOLIC PRIMARY SCHOOL

Sun Smart Guidelines

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Sun Smart Guidelines

VISION STATEMENT

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

INSPIRE, INNOVATE and EXCEL

RATIONALE

This SunSmart Guidelines provides guidance to:

- Ensure all students and staff have some UV exposure to 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 Guidelines is to promote among children, staff and parents/caregivers:

- Positive attitudes towards skin protection.
- Lifestyle practices 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 **Term 1, 3 and 4.**

IMPLEMENTATION

These guidelines aim to ensure that all members of our school community are protected from the skin damage caused by harmful ultraviolet rays of the sun.

A combination of sun protection measures are used for all outdoor activities during Term 1, 3 and 4 and whenever UV levels reach 3 and above or as required by a teacher.

Staff and students are encouraged to access the daily local sun protection times (when Sun Protection measures are recommended) at sunsmart.com.au or on the free SunSmart app to assist with the implementation of these guidelines.

Students

- **Sun Protective Hats** – Students are expected to wear a school approved sun protective hat (Legionnaire or bucket hat) when involved in outdoor school activities. 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. Visors or caps are not suitable.
- **Sun Protective Clothing** - Students are advised to wear sun protective clothing when outdoors, the school uniform includes polo shirts with collars and elbow length sleeves, longer style shorts/skorts and long sleeve and long pant options. A rash vest or t-shirt are required for aquatic activities. Children not wearing sun protective clothing will be asked to play in the shaded areas of the school.
- **Sunscreen** - Apply 50+ broad spectrum, water-resistant sunscreen, to clean dry skin, 20 minutes before going outdoors. Reapply every two hours if outdoors for a prolonged period. Children should be encouraged to apply sunscreen before school and then again 20 minutes before going out to lunch/sport.
- The school will supply 50+ broad spectrum sunscreen in each classroom. Children requiring a different brand of sunscreen due to allergies are encouraged to supply and apply their own sunscreen.
- **Shade** - Students are encouraged to use available areas of shade when outside where practical, especially when outdoors in periods of high UV, usually Term 1, 3 and 4.

Staff

- **WH&S and role modelling** - staff are required to practice SunSmart behaviours including wearing sun protective hats, clothing, and sunglasses when outside, applying SPF 50+ broad-spectrum, water-resistant sunscreen and seeking shade whenever possible.
- **Shade** - The availability of shade is considered when planning all other outdoor activities and excursions. Staff will make use of shaded areas during duties and/or excursions and avoid being in direct sunlight when UV levels are 3 or more. In cases where temperatures reach and exceed 36C children will have inside play during lunch periods and only shaded/verandah play during recess.
- **Sun Protection Times** - Staff will, whenever possible, schedule outside activities before 10am or after 2pm (outside of that period, Term 2) and conduct them indoors or in the shaded areas of the school, if practical.
- In cases where temperatures reach and exceed 36C children will have inside play during lunch periods and only shaded/verandah play during recess.
- Reinforce the Sun Smart guidelines and practices in classroom activities and in general school procedures and incorporate sun protection education in the curriculum for all year levels at least every second year. These are important strategies in the adoption of skin protection behaviours.
- Staff will be kept up to date with information and resources through the Council's materials.

- Sun Protection information and the sun protection guidelines will be promoted to the whole school community. Families and visitors will be encouraged to role model sun protection practices when participating in school events and activities.
- A reminder of appropriate sun protection applications will be provided to the parent community prior to outdoor, whole-school events during Terms 1, 3 and 4.
- The Tenison Woods Sun Smart guidelines will be evaluated on an ongoing basis and discussed at staff, SRC and parent/caregiver meetings. The guidelines will be reviewed every three years.