

## **Sun Protection Policy**

### **Philosophy and Rationale**

This policy affirms the school's duty of pastoral care. At St Joseph's Catholic School Barmera, a Sun Protection policy exists for the safety of the children and staff. This policy operates all year round and for all year levels and staff and applies for all outdoor activities on and off site. A UV radiation level of 3 is high enough to cause damage to unprotected skin, therefore sun protection is required for all outdoor activities whenever the UV reaches 3 and above. Staff are encouraged to access the daily sun protection times to assist with implementation of sun protection.

The Policy is based upon evidence that the sun's ultra-violet rays are damaging to the human body and can cause skin cancers.

We believe that students need to be supported to help them choose safe behaviours in the sun. We believe that children will adopt sun-smart practices when:

- † They have accurate information to help them understand the dangers of UV radiation.
- † Significant adults in the community provide good example in regard to their own personal protection.
- † The choice of clothing assists in providing this consistent message.
- † The school provides surroundings consistent with our understanding of protection from UV rays.

### **Purpose / Aims**

We aim to create an environment where community members understand the damaging effect of ultra-violet rays and are encouraged to make *sun-smart* choices to protect themselves. We aim to create an environment which positively supports children in making safe choices.

### **Guidelines**

#### **Hats**

Children must wear their broad brimmed or bucket hats during lessons outside, excursions where children are outside and during recess and lunch.

Students not wearing appropriate sun protective hats or clothing will be asked to remain in the shade/ indoors. Students without hats will not be able to participate in outdoor activities.

#### **Sunscreen application**

Students are encouraged to apply SPF 30 or higher broad-spectrum sunscreen to exposed areas during playtimes. Parents are encouraged to supply sunscreen for their children as appropriate with particular emphasis from 1<sup>st</sup> August – 30<sup>th</sup> April.

#### **Clothing**

Sun protective clothing is included in the school uniform/dress code. This includes shirts with collars. The school also allows long sleeve polo tops to add further protection from the sun.

### **Shade**

The school has sufficient shaded areas, and the availability of shade is considered when planning outdoor activities. Students are encouraged to use available areas of shade when outside.

### **Education**

The effects of sun damage to our bodies is formally addressed in the Health and Physical Education curriculum for at least every second year. When available, visiting speakers will be invited to help spread the sun-smart message.

### **Scheduling**

Care is taken during the peak UV radiation times and outdoor activities are scheduled outside of these times where possible.

**Outdoor sporting activities such as Sports Days (including inter school) are to be held during Terms 2 or 3 or a twilight event.**

### **VITAMIN D / OUTDOOR SUN EXPOSURE**

Children at St Joseph's Catholic School Barmera participate in 10 minutes fitness every day to encourage an active and healthy lifestyle. This gives them exposure to the sun / vitamin D on a daily basis. Sensible sun protection when UV is 3 and above does not put people at risk of vitamin D deficiency.

All children participate in 2 hours of physical education each week. These sessions are always held in the mornings and finished prior to the lunchtime break.

### **Supporting Structures**

At St Joseph's Catholic School Barmera, the staff wear sun protective hats and SPF 30+ broad spectrum sunscreen during duty times and outdoor activities for their own protection and also as good modelling for the students. SPF 30+ broad spectrum sunscreen is provided for all the teachers and is available in the staff room.

Our Uniform policy includes broad brimmed and bucket hats (that meet the required standard) as a required part of the school uniform all year round. No hat Play in the shade.

### **Extreme heat**

To protect children from the heat on days of extreme temperature (35C or over) all children remain indoors in air-conditioned classrooms or under our outdoor shade structure at all times. All sporting activities are cancelled during these periods.

Our *Personal Responsibility Policy* would see the failure to wear a hat not as an offence, but rather as a decision which has a logical consequence. Therefore, sitting in the shade is not seen as a punishment.

**Policy promotion**

SunSmart behaviour is regularly reinforced and promoted to the whole school community (via newsletters, assemblies, bulletin boards, parent and staff meetings) and all families and staff members are informed of the policy.

**Policy review**

The school reviews its sun protection policy regularly (at least every three years) to ensure that the information remains current and relevant.

Date reviewed: August 2022

Next review: August 2025

Endorsed by Governing Council: (enter date)