



POLICIES

Leschenault Catholic Primary School

Topic: Sun Smart

Policy No:

Policy Area: Community

Updated: 2016

Date of Review: 2018

Rationale:

The human person, though made of body and soul, is a unity... The human body shares in the dignity of the image of God: it is a human body precisely because it is animated by a spiritual soul, and it is the whole human person that is intended to become, in the body of Christ, a temple of the Spirit.

'Catholic schools contribute to the development of our young through education, particularly to their formation in Christian conscience and virtue' (Mandate, para 6). Students in Catholic schools are educated to understand that they are physical/spiritual beings in relationship with God. Catholic schools encourage students to make responsible choices for their lives including sun smart choices.

Definition:

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.

Responsibilities:

This SunSmart policy provides guidelines to:

- Ensure all students and staff are well protected from too much UV exposure by using a combination of sun protection measures at all times.
- 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 to help them be responsible for their own sun protection.
- Support duty of care requirements.
- Support appropriate OHS strategies to minimise UV risk and associated harms for staff and students.

Procedures:

The sun protection measures listed below are used for all outdoor activities.

1. Seek shade

- The school council makes sure there are sufficient shelters and trees providing shade in outdoor areas particularly in high-use areas e.g. where students have lunch, canteen, assemblies, sports, outdoor lessons and popular play spaces.
- The availability of shade is considered when planning all other outdoor activities.
- Students are encouraged to use available areas of shade when outside.
- Students who do not have appropriate hats or outdoor clothing are asked to play in the shade or a suitable area protected from the sun.
- In consultation with the school council, shade provision is considered in plans for future buildings and grounds.

2. Slip on sun protective clothing

- Sun protective clothing is included in our school uniform / dress code and sports uniform. School clothing is cool, loose-fitting and made of densely woven fabric. It includes shirts with collars and elbow-length sleeves, longer style dresses and shorts and rash vests or t-shirts for outdoor swimming.

3. Slap on a hat

- **All** students are required to wear hats that protect their face, neck and ears (legionnaire, broad-brimmed or bucket hat), whenever they are outside. Peak caps and visors are not considered a suitable alternative.

4. Slop on sunscreen

- The school supplies SPF30 (or higher) broad- spectrum, water-resistant sunscreen for staff and students' use.
- Sunscreen is applied at least 20 minutes (where possible) before going outdoors and reapplied every two hours during Term 1 and 4 and during all outdoor activities.

5. Learning and skills

- Programs on sun protection are included in the curriculum for all year levels.

6. Engaging children, educators, staff and families

- SunSmart behaviour is reinforced during school assemblies, student and teacher activities and on student enrolment / new staff orientation.
- As part of OHS UV risk controls and role-modelling, staff:
 - wear a sun protective hat, covering clothing and, if practical, sunglasses
 - apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen.