



SunSmart Policy

Rationale

St John the Apostle School encourages members of its community to see themselves as having been made in the image of God. As such we are encouraged to show respect for our bodies and care for ourselves as best as possible. Being aware of SunSmart practices is part of this commitment. Research shows that Australia has the highest incidence of skin cancer in the world. Over-exposure to the sun's ultraviolet radiation (UVR) during early childhood and adolescence is known to be a major cause of skin cancer later in life, including melanoma. Skin cancer is preventable. Sunburn and eye damage are also caused by over exposure to the sun. Effective sun protection during the school years will reduce ones life-long risk of developing skin cancer later.

Aims

Our policy is in line with the Cancer Council's SunSmart Policy. It attempts to ensure that students and staff are protected from the long-term harmful effects caused by over-exposure to solar ultraviolet rays. The policy aims to:

- Increase student and community awareness of skin cancer.
- Adopt practical skin protection measures.
- Develop strategies to encourage responsible decision making about skin protection.
- Work towards increasing the areas of shade available to students and staff.
- Encourage students and staff to adopt a combination of the 5 sun protection measures outdoors when UV levels reach 3 and above.
- Ensure that parents are informed of the school's SunSmart Policy.

Agreed Practice

This SunSmart policy will be implemented each year from the beginning of August through to the end of May when daily UV levels reach 3 and above in Canberra for part of or most of the day and are strong enough to damage unprotected skin.

Extra care should be taken when outdoor between 10am and 2pm, this includes minimizing time outdoors as much as practicably possible between 11am and 3pm during the daylight saving period of the year.

A combination of the 5 sun protection measures will be considered when planning ALL outdoor activities and events when UV levels reach 3 and above.

At St John the Apostle School, we agree to the following strategies and practices:

- Students wear broad-brimmed style hat outside when UV levels reach 3 and above (e.g. before school, recess, lunch, sport, excursions etc).
- Students wearing sunglasses are encouraged to play safely.
- Students not wearing hats are required to play under the verandah, the pergola or other shaded areas.
- Staff and visitors to the school are encouraged to model positive sun safe practices and attitudes.
- Recess and lunch are forty minutes duration to break down the length of outside periods, this particular care keeping in mind UV levels are at their peak between 10am and 3pm.
- During June and July only, sun protection behaviour is not generally required in Canberra due to low UV levels. This is to help reduce the risk of Vitamin D deficiency in the ACT. Advice will be sought from the Cancer Council to establish the timing of this each year.
- Teachers endeavour to hold sports sessions in the morning.
- Students are reminded at carnivals, camps and excursions to cover up and to reapply SPF 30+ sunscreen. It is mandatory for students to wear a rash vest or equivalent when participating in outdoor swimming activities, not including races at swimming carnivals.
- Sun protection and skin cancer prevention programs are included in the PD Health & PE Curriculum.
- The Community Council continues working towards increasing and/or maintaining shade in the school grounds, particularly in courtyards and other areas where students congregate.
- Reinforce the SunSmart message on a regular basis at assemblies and in the newsletter.
- Staff and teachers are aware of their OH&S responsibilities and duties of care. Occupation UV Exposure is a serious OH&S hazard.

Our SunSmart policy will focus on the appropriate ELAS where the SunSmart message can be included.

ELA 3 The student makes considered decisions.

ELA 12 The student takes action to promote health.

ELA 14 The student manages self and relationships.

Resources

Cancer Council ACT has a number of SunSmart resources available for loan/purchase/download. Videos/DVDS include:

- *Sun Days, Fun Days – 2002*, The Cancer Council Australia, 14 mins. Suitable for early primary.
- *Sam Smart Gets SunSmart – 2000*, Australian Cancer Society, 15mins. Suitable for middle primary.
- *Under Your Skin – 1992*, Anti Cancer Council of Victoria, 10mins. Suitable for Upper Primary.

Other resources include:

- *SunSmart Fun for Everyone (2nd Edition) – 1999*, Anti Cancer Council of Victoria. Suitable for Primary.
- *No Hat Brigade – 2002*, Miriam Airey & Sharon Dye, Random House. Suitable for lower and middle primary.
- CEO Sunsmart – http://ceo.cg.catholic.edu.au/policies/sun_smart.htm
- Kidskin for Early Primary School (2009)
- Kidskin for Middle primary School (2008)
- SunSmart Countdown song and activities (2009) Download only
- Cancer Council ACT and Cancel Council ACT library are located at:
5 Richmond Ave
Fairbairn
ACT 2609
<http://www.actcancer.org>

Related Policies / Agreed Practices

Pastoral Care and Student Welfare Policy
Health Promoting Schools Agreed Practice

Policy Review

As a member of the National SunSmart Schools Program our school has agreed to submit its sun protection policy to be reviewed every three 3 years. The school will update its policy accordingly. This will ensure our policy meets the highest possible standards and our school maintains its national SunSmart status.

Reviewed by:	Ben Kelly and Vanessa Ross
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Approved by:	Matthew Egan-Richards
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