

St Joseph's Catholic Primary School

Sun Smart Policy





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SUNSMART POLICY



Rationale

Too much exposure to ultraviolet (uv) radiation causes sunburn, long term skin damage and increases the risk of skin cancer. Sun exposure in the first 15 years of life contributes significantly to the lifetime risk of skin cancer. Australia has the highest rate of skin cancer in the world but there are now more deaths from the disease in the UK every year than in Australia.

Research UK informs us that there is a worrying gap between how much people know about skin cancer and how little they actually do to protect themselves.

Among young people skin cancer is the third most common form of cancer.

Aims

- Increase pupil, staff and community awareness about skin cancer and skin protection
- Encourage the entire school community to use a combination of sun protection measures from April to September
- Work towards a safe school environment that provides shade for pupils, staff and the school community
- Assist pupils in being responsible for their own sun protection
- Ensure that families and new staff are informed of our school's Sun Smart policy

Our Sun Protection Strategies

All children and staff are actively encouraged to use a combination of sun protection measures throughout the day to ensure they are well protected. We advise that particular care needs to be taken between 10.00 a.m. and 3:00 p.m. when UV levels reach their peak.

Our Sun Smart policy is considered when planning all outdoor events such as day trips and sporting events. Where possible we have outdoor activities or events earlier in the morning or later in the afternoon or we use indoor venues.

1. Shade:

- In consultation with the School Council, shade provision will be considered in future grounds plans.
- The availability of shade is considered when planning excursions and all outdoor activities.
- Children are encouraged to use available areas of shade when outside
- Children who do not have appropriate hats or outdoor clothing are asked to play in the shade
- On particularly hot days when sun/UV levels are high, children have indoor play for most of the playtime.

2. Clothing:

- Sun protective clothing is encouraged in our school uniform/dress code and sports uniform. Parents are encouraged to buy clothing made of close weave fabric. Shirts with collars longer style dresses are also encouraged.

3. Hats:

- Parents are encouraged to provide children with hats to protect their face, neck and ears e.g. legionnaire, broad brimmed or bucket hats for playtimes. (Baseball hats are not promoted for sun screening as they do not offer enough protection).

4. Sunglasses:

- Children and staff are encouraged to wear close fitting, wraparound sunglasses which cover as much of the eye area as possible.

5. Sunscreen:

- SPF 30+ water resistant sunscreen is encouraged. Parents are invited to put sunscreen on their children before coming to school. Children may bring sunscreen to school but please note they need to be able to apply this themselves. Ideally sunscreen should be applied 20 minutes before going outdoors. In school this means it is better if the sunscreen has been applied before coming to school.

6. Role Modelling:

- We encourage staff to act as role models by:

wearing sun protective hats, clothing and sunglasses when outside
applying SPF 30+ water resistant sunscreen
seeking shade whenever possible
- Families and visitors are encouraged to use a combination of sun protection measures, (sun protective clothing and hats, sunglasses and sunscreen), when participating in and attending outdoor school activities.

7. Curriculum:

- Skin Cancer and its prevention is part of the curriculum
Sun Smart behaviour is regularly reinforced and promoted to the whole school

8. Other Precautions:

- Uniform is relaxed e.g. no ties, open top button of shirt, loosen clothes, take off sweatshirts on very hot days. If out at playtimes: no running, keep in shade, no ball games/active games, drink plenty of water
- Stay in the shade between 10:00 – 3:00 p.m. Make sure you never burn
- Always cover up with a long sleeved shirt, wide brimmed hat and Sunglasses Remember to take extra care as/with children
- Use factor 30+ sunscreen

Children may also be familiar with Slip, Slap, Slop:

Slip on a t-shirt

Slap on a hat

Slop on sunscreen

Review: The School Council and staff review and monitor the effectiveness of our sun protection policy every three years.

Last Reviewed March 2024

Next Review Date: March 2027