

## Rationale

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Australia has the highest rate of skin cancer in the world. Research indicates that childhood sun exposure is an important contributing factor to the development of skin cancer. As students are at school during times when UV radiation levels are highest, schools play a major role in minimising student's UV exposure.

Our SunSmart policy has been adopted to ensure that all staff and children attending St Andrews Catholic Primary School are protected from skin damage caused by UV radiation from the sun. This policy is to be implemented throughout the year, but with particular emphasis from the beginning of September through to the end of May. The sun protection practices outlined in this policy will be applied to all school activities, including sports carnivals, excursions and camps. The policy has been developed in consultation with the whole school community.

## Our Commitment

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*St Andrews Catholic Primary School will:*

- Inform parents of this SunSmart policy when they enrol their child/children.
- Promote sun protection via newsletters, assemblies and parent and staff meetings.
- Ensure there is adequate provision of shade within the school grounds for students and staff, by planting trees and building shade structures.
- Include sun protection education in the school curriculum of at least three grade levels.
- Encourage role modelling of sun protective behaviour by staff, parents and guests.
- Require staff and students wear broad-brimmed, bucket or legionnaire hats when outside.
- Direct children without a broad-brimmed hat to play in an area that is protected from the sun.
- Require staff and students to wear a rash vest or shirt for swimming (this may not be appropriate during competitive swimming).
- Review the school dress code to include sun protective items such as shirts with collars and longer sleeves, and rash vests for swimming.
- Encourage staff and students to use shaded or covered areas when outside.
- Ensure that adequate shade is provided at sporting carnivals and outdoor events.
- Timetable as many outdoor activities as possible, including assemblies, sport and physical education before 10 am and after 3 pm. When this is not possible activities should be scheduled as far from 12 noon as possible.
- Encourage the use of SPF 30+ broad-spectrum, water-resistant sunscreen.
- Review the SunSmart policy annually.

## **Our Expectations**

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### *Parents/carers will:*

- Provide a school broad-brimmed hat which is SunSmart for your child/children and ensure that they wear it to and from school.
- Ensure that your child/children apply SPF 30+ broad-spectrum, water-resistant sunscreen 20 minutes before leaving for school.
- When not in school uniform, ensure that your child/children's clothing provides adequate protection from UV radiation. The Cancer Council WA recommends the following:
  - collars and sleeves
  - closely woven fabric
  - natural fibre
  - rash vest or shirts for swimming.
- Act as positive role models by practising SunSmart behaviour.
- Support the school's SunSmart policy and help design and regularly update the policy.

### *Students will:*

- Be aware of the school's SunSmart policy.
- Take responsibility for their health by being SunSmart.
- Comply with SunSmart rules and guidelines by wearing suitable hats and clothing.
- Apply SPF30+ broad-spectrum, water-resistant sunscreen 20 minutes before going outdoors.
- Use shaded or covered areas outdoors.
- Act as positive role models for other students in all aspects of SunSmart behaviour.
- Help design and regularly update the SunSmart policy.
- Participate in SunSmart education programs.

## **Evaluation**

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*St Andrews SunSmart Committee* will review the effectiveness of this policy each year.

### *They will:*

1. Review the SunSmart behaviour of students, staff, parents, and visitors and make recommendations for improvement.
2. Assess shade provision and usage and make recommendations for increases in shade provision.
3. Update and promote curriculum material relevant to SunSmart activities.