



## **SUN PROTECTION GUIDELINES STMs**

All enrolled students and employees at St Mary's School shall be protected as far as practicable from skin damage caused by harmful ultra violet radiation (UVR) through the implementation of a mixture of personal and environmental strategies.

Staff, families and students will be encouraged as partners in the implementation of sun protection strategies. This partnership will be supported through the provision and display of educational materials and by incorporating sun protection messages into our program of activities.

Students, families and staff will be regularly reminded of the importance of sun protection.

### **RATIONALE**

Australia has the highest incidence of skin cancer in the world with two of every three Australians developing some form of skin cancer during their lifetime. Sun exposure during childhood and adolescence is known to greatly increase the chance of developing skin cancer later in life. Unprotected exposure to UV radiation can also result in eye damage and premature aging of the skin. By implementing strategies to reduce sun exposure we aim to reduce the risk of skin and eye damage throughout participant's lifetimes.

Our Sun Protection Guidelines is implemented throughout the whole year. The sun protection practices outlined in this Guidelines will be applied to all school activities, including sports carnivals, excursions and camps. The Guidelines has been developed in consultation with the whole school community. St Mary's School has a 'No Hat, No Play' rule.

## **PROCEDURES**

### **Behaviour**

1. Students to wear St Mary's School broad-brimmed hat whenever they are outside.
2. Staff are to wear appropriate hats when outside.
3. Ensure that children without a hat are directed to an area that is protected from the sun. No hat, no play.
4. Encourage positive role modelling of sun protective behaviour by all school staff, parents and guests visiting the school.
5. Encourage the daily application of sunscreen prior to the recess, lunch or any outdoor activity. Students will be encouraged and supervised to apply their own sunscreen. Staff will provide assistance as required.
6. If a student demonstrates a skin reaction with the application of sunscreen, alternative arrangements for sun protection will be planned with the student's family.
7. Sunscreen will be stored in a cool place, out of the sun.
8. Staff will monitor the expiry date of sunscreen and discard when out of date.
9. Encourage children to use available shade for outdoor activities and play.
10. When not in school uniform, students will be encouraged to wear clothing that is sun protective, e.g. shirts with collars and longer sleeves, rashie vests for swimming etc.
11. Staff will be encouraged to wear sunglasses while outside however reflective sunglasses are asked not to be worn.

### **Curriculum**

1. Incorporate age-appropriate sun protection and skin cancer prevention programs into the school curriculum at all year levels.
2. Promote sun protection throughout the year via the school newsletter, assemblies, daily messages, parent and staff meetings and whole school activities.
3. Staff and parents will be provided with educational material on sun protection.
4. The Principal will keep him/herself informed about current trends and information, relating to sun protection by participating in industry networking groups and providing opportunities for staff to train in current practices.

### **Environment**

1. Ensure there is adequate provision of shade within the school grounds for students and staff, through trees and shade structures over play areas.
2. Students will be encouraged to use shaded areas for outdoor play activities.
3. Alternative arrangements for recess and lunch will be provided on days of extreme temperatures. These include shortened breaks, breaks to be conducted inside the classroom, alternative activities to be provided in the Undercover Area.
4. Ensure that adequate shade for all children and staff is provided at sporting carnivals and outdoor events.

## **Co-Responsibility**

When enrolling their child, parents will:

1. Be informed of the Sun Protection Guidelines.
2. Agree to provide a St Mary's School hat for their child's use.
3. Required to give authority for staff to apply or supervise self-application of sunscreen to their child.
4. Be encouraged to become partners in their children's sun protection by practising sun protective behaviours themselves.

## **DEFINITIONS**

**Broad spectrum:** protects against both UVA and UVB rays

**SPF:** sun protection factor, indicates the level of protection against ultra violet radiation (UVR)

**UVA:** UVA (longer wavelength) causes premature aging and wrinkling of the skin and is a cause of skin cancer

**UVB:** UVB (medium wavelength) is more dangerous than UVA and is the major cause of skin cancers, sunburning and cataracts

**UVR:** ultra violet radiation is a form of radiation given out by the sun. Unlike other forms of solar radiation, such as light and heat, UVR cannot be seen or felt. It is divided into three types, UVA, UVB and UVC, according to wavelength. UVC does not reach the earth's surface.

**UV Index:** an international standard measurement of the strength of the ultra violet radiation from the sun at a particular place on a particular day. The UV index for Western Australia can be viewed at <http://www.bom.gov.au/wa/uv/index.shtml>