SUNSMART POLICY

VISION

Catherine McAuley School is a Catholic Faith community which promotes and celebrates excellence in education.

A spirit of reconciliation is encouraged through our experience of faith, growth and unity.

We endeavour to prepare children for a life that is lived in justice, dignity and mutual respect.
1 RATIONALE

1.1 Australia has the highest incidence of skin cancer in the world with 140,000 new cases and 1,000 deaths recorded each year. (The Cancer Council of South Australia 1996).

There are four factors, often occurring simultaneously, which contribute to these statistics:

1.1.1 The population is predominantly fair-skinned.
1.1.2 Ultraviolet light from the sun is sufficient intensity to induce skin cancer in this susceptible population.
1.1.3 For most of this century social values have supported the belief that a suntan is healthy and attractive.
1.1.4 Lifestyle, work, school and recreational habits expose people to the sun for long periods.

1.2 Skin damage, including skin cancer is the result of cumulative exposure to the skin. Much of the damage occurs during childhood and adolescence. Research suggests that severe sunburn is a contributor to skin cancer and other forms of skin damage such as wrinkles, sunspots, blemishes and premature ageing. Most skin damage and cancer is therefore preventable.

1.3 Our school can reduce the incidence of skin cancer and the number of related deaths by encouraging all members of the school community to take effective skin protection measures.

2 AIMS

2.1 The aims of the Catherine McAuley SunSmart Policy is to promote among children, staff and parents/caregivers:

2.1.2 Positive attitudes towards skin protection.
2.1.3 Lifestyle practices, which can help reduce the incidence of skin cancer and the number of related deaths.
2.1.4 Personal responsibility for decision making about skin protection.
2.1.5 Awareness of the need for environmental changes in schools to reduce the level of exposure to the sun.
3 IMPLEMENTATION

3.1 This policy is for implementation throughout the whole year.

3.2 The purpose of the policy is to ensure that all members of our school community are protected from the skin damage caused by harmful ultraviolet rays of the sun.

3.3 Avoid being in direct sunlight from the beginning of September until the end of April between 10am and 3pm and when the UV is 3 and above, outside of these times.

3.3.1 In cases where temperatures reach and exceed 36°C children will have inside play during lunch periods and shaded/verandah play during recess.

3.3.2 Whenever possible, outside activities will be:
   3.3.2.1 scheduled before 10am and after 3pm from the beginning of September until the end of April and when the UV is 3 and above, outside of these times,
   3.3.2.2 conducted indoors or in the shaded areas of the school, if practical.
   3.3.2.3 Sports days will be held in one of the cooler terms, ie Term 2.
   3.3.2.4 The library will be open for some lunchtime periods.

3.4 Use of shaded areas when outdoors.

3.4.1 Encourage children to play in shaded areas of verandahs, sailed areas, large umbrella and to make use of any shade provided by tress/shrubs during playtimes.

3.4.2 Make use of umbrellas during yard duties and/or excursions.

3.5 Wear appropriate clothing which protects the skin.

3.5.1 Children are expected to wear a broad brimmed or legionnaire style hat whenever involved in outside school activities. Children not wearing hats will be asked to play in the shaded areas of the school.

3.5.2 Children to wear hats whenever leaving class room. This includes message taking, visiting office, going to the toilet and so on.
3.5.3 Adults will also be asked to wear similar protection. Umbrellas can be used to replace wearing of hat.

3.5.4 Students are also expected to wear shirts with collars and sleeves and longer style shorts/skirts.

3.6 Apply 30+ broad spectrum sunscreen, to clean dry skin, 10 – 15 minutes before going outdoors. Reapply every two hours if outdoors for a prolonged period of time.

3.6.1 During Terms 1 and 4 children should be encouraged to apply sunscreen before school and then again 15 minutes before going out to lunch.

3.6.2 Children are encouraged to apply and supply their own sunscreen.

3.6.3 30+ broad spectrum sunscreen is supplied by the school for staff use.

3.7 Reinforcing the SunSmart Policy in classroom activities and in general school procedures are important strategies in the adoption of skin protection behaviours.

3.7.1 Staff will be encouraged to role model appropriate SunSmart strategies in all school activities.

3.7.2 Staff will be kept up to date with information and resources through The Cancer Council of South Australia’s materials.

3.8 The Catherine McAuley SunSmart Policy will be evaluated on an ongoing basis and discussed at staff, SRC and parent/caregiver meetings.

DATE FOR REVIEW

Reviewed: 28 September 2011
Next Review: 2016