

**ST MATTHEW'S SCHOOL
NARROGIN**



SUN PROTECTION POLICY

Ratified February 2010 – Review Date: 2012



SUN PROTECTION POLICY

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RATIONALE

Australia has the highest rate of skin cancer in the world. Research indicates that childhood and adolescent 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 students' UV exposure.

Our sun protection policy has been adopted to ensure that all staff and students attending St Matthew's 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 in Terms 1 and 4. The sun protection practices outlined in this policy will be applied to all school activities, including sports carnivals, excursions and camps.

St Matthew's School will:

- Inform parents of this sun protection policy when they enrol their child/children.
- Brief all new staff on the sun protection policy.
- Promote sun protection via newsletters, assemblies, daily classroom reminders, whole-school activities, as well as parent and staff meetings.
- Require staff and students to wear broad-brimmed hats for all outdoor activities, including playground duty.
- Encourage parents and guests to wear broad-brimmed, legionnaire or bucket style hats when participating in and attending outdoor school activities.
- Direct students without broad-brimmed hats to stay in an area that is protected from the sun.
- Require students to wear broad-brimmed hats for all camps, sports and excursions.
- Ensure that 30+ broad spectrum sunscreen will be available and its use encouraged for all school activities including sport carnivals, excursions and camps. Parents will be reminded of the SunSmart guidelines in parent permission letters for all excursions.
- Require staff and students to wear a swim top for swimming outdoors or immediately before and after any competitive swimming.
- Ensure there is adequate provision of shade within the school grounds for students and staff, by planting trees and building shade structures, particularly in areas where students congregate e.g. lunch or outdoor lesson areas.
- Encourage staff and students to use shaded or covered areas when outside.

- Ensure that adequate shade is provided at sporting carnivals and outdoor events.
- Consider the UV index when planning sport activities or other outdoor excursions and schedule as many activities as far from 12 noon as possible.
- Incorporate sun protection and skin cancer awareness programs into the appropriate Key Learning Areas of the school curriculum.
- Review the sun protection policy every 2 years, including gaining feedback from parents and teachers.

OUR EXPECTATIONS

Parents/carers will:

- Ensure your child/children has the broad-brimmed hat that is required as part of the school uniform policy.
- Ensure that your child/children's clothing provides adequate protection from UV radiation. The school uniform incorporates the Cancer Council WA recommendations (except for swim tops) as follows:
 - collars and sleeves
 - closely woven fabric
 - natural fibre
 - swim tops for swimming.
- Ensure that your child/children has access to SPF 30+ broad-spectrum, water-resistant sunscreen before leaving for school.
- Act as positive role models by practising SunSmart behaviour.
- Support the school's sun protection policy.

Students are encouraged to:

- Be aware of the school's sun protection 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.
- Participate in SunSmart education programs.

EVALUATION

The School Nurse and the Leadership Team will review the effectiveness of this policy every two years.

They will:

1. Review the SunSmart behaviour of students and staff, 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.

Date: _____ Signed: _____

Position: _____

For more information contact: The Cancer Council WA
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 Email: education@cancerwa.asn.au



Visit www.GenerationSunSmart.org.au to receive **FREE** resources - Western Australia's Generation SunSmart website provides teachers and school nurses with online workshops offering helpful information, tips and practical ideas about sun protection education, content delivery and sun protection in schools.