



Star of the Sea School

Sun Protection Policy

Open Hearts Open Minds



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SCHOOL VISION STATEMENT

Our school is built on the core values of respect, inclusivity, compassion, collaboration and honesty. We support our families as the first and foremost educators of their child's faith development. Our vision paves the way for educating students for the 21st century but also draws from our history and tradition.

We guide our learners to be self-managed, innovative and critical thinkers who have a strong sense of who they are and their relationship in their world. As a learning community, value the skills necessary to build meaningful relationships and for learners to be connected to each opportunity to develop their own personal growth. We encourage our learners to question, explore and discover so they actively contribute to a more compassionate society.

PURPOSE

Australia has one of the highest incidences of skin cancer in the world, with at least two out of every three people developing some form of skin cancer before they are 70. Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Melanoma is the most common cancer in Australians aged 12-24 years, and sun exposure during childhood and adolescence is a critical factor in determining future skin cancer risk.

Cancer Council SA advises people to protect their skin at times when the ultraviolet (UV) radiation level is three and above - this is when it is strong enough to cause damage to unprotected skin. For much of South Australia, UV radiation levels are three and above every day from August to April, and it is during these months that sun protection is necessary.

In line with Cancer Council SA SunSmart guidelines, this policy is in place during Terms 1, 3 and 4 (from the 1 August until 30 April), and whenever UV radiation levels are three and above at other times. It is highly recommended that UV radiation levels are monitored, particularly during May as they still may be three or above depending on your location. Particular care should be also taken between during the peak UV times of the day. Sun protection is not required when the UV is below 3, to assist with the production of vitamin D, which is important for healthy bones, teeth and overall health. Sensible sun protection when the UV is 3 and above does not put people at risk of vitamin D deficiency.

UV radiation cannot be seen or felt, and differs from infrared radiation, that we feel as heat. UV levels are determined by a number of factors, including angle of earth to the sun, but are unrelated to temperature. Damage from UV radiation is cumulative and irreversible.

SCOPE OF POLICY

The aims of Star of the Sea Sun Protection Policy are to promote among children, staff and parents:

- ◆ positive attitudes towards skin protection
- ◆ encourage the entire school community to use a combination of sun protection measures whenever UV Index levels reach 3 and above
- ◆ assist students to be responsible for their own sun protection
- ◆ ensure families and new staff are informed of the school's sun protection policy
- ◆ this policy applies to all outdoor activities on and off site

POLICY OBJECTIVES

When enrolling a child, parents & carers will be:

- ◆ informed of the Sun Protection Policy
- ◆ requested to purchase a school hat
- ◆ encouraged to provide SPF 30 or higher broad spectrum
- ◆ water-resistant sunscreen for their child's use
- ◆ Parents and visitors are encouraged to role model SunSmart behaviours when participating in or attending outdoor activities with the school

ROLES AND RESPONSIBILITIES

<i>Leadership Team</i>	<ul style="list-style-type: none"> ◆ Develop, implement, and regularly review the Sun Protection Policy to align with best practices and national sun safety guidelines. ◆ Ensure adequate shade structures are available in key areas such as playgrounds, sports fields, and outdoor learning spaces. ◆ Provide professional learning opportunities for staff regarding sun safety and UV protection measures. ◆ Ensure the policy is communicated effectively to staff, students, and families through newsletters, the school website, and meetings. ◆ Include sun protection strategies in risk assessments for outdoor activities and excursions. ◆ Lead by example by wearing sun-protective clothing, hats, and sunscreen during outdoor activities.
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<p><i>Staff</i></p>	<ul style="list-style-type: none"> ◆ Actively encourage and model sun-safe behaviours, including wearing broad-brimmed hats, sunglasses, and sun-protective clothing. ◆ Enforce the school's sun protection requirements, ensuring students wear appropriate hats and sunscreen when outdoors. ◆ Schedule outdoor activities, where possible, outside of peak UV times (10 AM - 3 PM) and encourage the use of shaded areas. ◆ Provide access to SPF 30+ broad-spectrum sunscreen and remind students to apply and reapply sunscreen throughout the day. ◆ Integrate sun protection education into the curriculum to build students' understanding of sun safety. ◆ Monitor and support students who may have additional sun protection needs due to medical or personal reasons. ◆
<p><i>Students</i></p>	<ul style="list-style-type: none"> ◆ Take responsibility for wearing sun-protective clothing, hats, and sunglasses while outdoors. ◆ Apply and reapply sunscreen before going outside and during extended outdoor activities. ◆ Seek shade whenever possible, especially during peak UV radiation times. ◆ Actively participate in SunSmart education activities and follow sun protection rules. ◆ Encourage peers to adopt sun-safe behaviours. ◆
<p><i>Parents & Caregivers</i></p>	<ul style="list-style-type: none"> ◆ Ensure children come to school with a broad-brimmed hat, sun-protective clothing, and SPF 30+ sunscreen. ◆ Reinforce the importance of sun protection at home and model SunSmart behaviours. ◆ Provide additional sun protection items such as sunglasses and water bottles. ◆ Inform the school of any medical conditions requiring special sun protection considerations. ◆ Support the school's Sun Protection Policy by encouraging compliance with sun safety guidelines. ◆

DEFINITIONS

Important definitions that are for consideration in the policy include:

<i>Ultraviolet (UV) Radiation</i>	Invisible rays from the sun that can cause skin damage, sunburn, premature aging, and skin cancer. UV levels are independent of temperature and can be harmful year-round.
<i>Sun Protection Measures</i>	Strategies implemented to reduce UV exposure, including the use of sunscreen, protective clothing, hats, sunglasses, and shade.
<i>Shade Provision</i>	Designated areas in the school where students can seek protection from direct sun exposure, such as covered outdoor learning areas, trees, or shade structures.
<i>Sunscreen</i>	Broad-spectrum, water-resistant sunscreen with a Sun Protection Factor (SPF) of 30 or higher, recommended for application before sun exposure and reapplication every two hours.
<i>SunSmart Practices</i>	Behaviours and policies aligned with evidence-based recommendations to minimize harmful UV exposure.

IMPLEMENTATION STRATEGIES AND PROCEDURES

Implementation of Sun Protection Policy

- ◆ Sun protection reminders will be incorporated into daily routines, including morning announcements and classroom discussions.
- ◆ Staff will conduct periodic reviews to ensure all students have appropriate sun protection gear before engaging in outdoor activities.
- ◆ A designated SunSmart coordinator will oversee the implementation of this policy and provide ongoing support to staff and students.
- ◆ The school will collaborate with local health organizations to promote sun safety awareness through workshops and events.
- ◆ Policies regarding sun protection will be included in school enrolment packages and staff induction programs.

PROCEDURES

The purpose of this policy is to ensure that all members of our school community, including the Out of School Care Service, adhere to the outlined procedures during Terms 1, 3, and 4 (from August 1 to April 30), and whenever the UV index is 3 or above at other times. Staff are encouraged to check daily sun protection times using the SunSmart app or visiting www.myuv.com.au to support the implementation of this policy.

For the OSHC service the procedures outlined in this policy are for implementation as follows. Staff are encouraged to check the UV daily sun protection times via the SunSmart app or www.myuv.com.au to assist with the implementation of this policy:

Procedures for Implementation

- ◆ Teachers and support staff will conduct daily UV index checks and adjust outdoor activities as necessary.
- ◆ Sunscreen stations will be set up in key locations such as classrooms, playgrounds, and sporting areas for easy access.
- ◆ All school-related outdoor excursions and events will include mandatory sun protection guidelines in their planning.
- ◆ Regular audits of shade structures and sun protection resources will be conducted to ensure availability and effectiveness.
- ◆ Feedback from students, staff, and parents will be collected annually to assess the effectiveness of sun protection measures and improve where necessary

Procedures for Extreme UV Days

- ◆ When the UV Index is at a very high or extreme level (8+), additional sun protection measures will be enforced.
- ◆ Outdoor activities may be rescheduled, relocated to shaded areas, or moved indoors where possible.
- ◆ Staff will increase reminders for sunscreen reapplication and ensure students are using shaded areas.
- ◆ Parents will be notified in advance when extreme UV conditions are expected.

Before School Care

Sun protection is not required during before school care

After School Care

Sun protection is required during Terms 1, 3 and 4. Staff are encouraged to monitor the UV during Terms 2 to determine if sun protection is required.

Excursions

All reasonable action will be taken to ensure this policy is adhered to. Appropriate clothing and procedures will be outlined in the parent permission note. The school reserves the right to go ahead with or cancel an excursion if deemed necessary.

After school sports / practices

If the temperature on any given day is advertised as 32 degrees or more, all after school sport and/or practices will be cancelled. The school will participate in Cancer Council SA's review on a three yearly basis.

Vacation Care

Take particular care if in the sun during the peak UV times of the day and when the ultraviolet radiation level is three and above, outside of these times.

- ◆ Where possible, outdoor activity sessions will be held in shaded areas.
- ◆ Whenever possible, all outdoor activities, including Vacation Care Programs, will be scheduled outside of the peak UV times of the day, conducted indoors, or in the shaded areas of the school.
- ◆ All reasonable care will be taken during school excursions to ensure students remain in shaded areas.
- ◆ A combination of skin protection measures are considered when planning outdoor events (e.g. camps, excursions, sporting and swimming carnivals).

Use the shade of trees, pergolas, umbrellas and tents whenever outdoors.

- ◆ Tree planting will be organised at the school.
- ◆ The sandpit and play equipment area to be a priority for shade structure planning.
- ◆ The further provision of shaded areas will appear as a priority on any forward planning documents for the school.
- ◆ Children are encouraged to use shade during play and leisure times

Wear appropriate clothing that protects the skin.

- ◆ Students will be expected to wear an approved bucket hat or legionnaire style hat whenever they are involved in outside activities from 1 August until 30 April, and whenever the UV is 3 and above at other times. Children not wearing an appropriate hat will be expected to sit in the shade. Baseball caps are not allowed
- ◆ Appropriate clothing and hats are to be worn on school excursions
- ◆ Students will be encouraged to wear shirts with collars and at least elbow length sleeves, longer style shorts/skirts. Rash vests or t-shirts are required for swimming, if using an outside pool or beach.
- ◆ Students attending Vacation Care programs at the school will be instructed to wear clothing that protects the skin (no singlet or midriff tops) and appropriate hats (no baseball caps or visors). Parents are to be advised of this prior to the program commencing.

- ◆ During after school hours care, sun protective hats and clothing are required during Terms 1 3, and 4. Staff are encouraged to check the UV in Term 2 to determine if sun protection is necessary.

Students are required to apply a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher to clean, dry skin, 20 minutes before going outdoors, and reapplied every two hours when remaining outdoors, or more frequently if involved in water activities or if perspiring.

- ◆ Adequate time must be allowed for students to apply sunscreen before going outdoors or on excursions.
- ◆ Parents will be encouraged to supply sunscreen for their children, although there will be bulk sunscreen packs available in all classrooms.

Reinforcing the SunSmart message in all school activities and in general school procedures is an important strategy in the adoption of the skin protection behaviours.

- ◆ As part of WHS UV risk controls and role modelling, staff will wear sun protective hat and clothing, sunscreen, sunglasses and seek shade.
- ◆ Skin cancer prevention will be included in the curriculum at each year level.
- ◆ Staff will be encouraged to keep up to date with new information and resources through contact with Cancer Council SA.
- ◆ Information about the school's Sun Protection Policy will be given to all new staff, students and families.

Policy issues will be discussed at staff, SRC, OSHC and WHS Committee meetings.

SUN PROTECTION EDUCATION

- ◆ Sun safety education will be integrated into the curriculum across multiple year levels.
- ◆ Lessons will include information on UV radiation, the importance of sun protection, and healthy sun habits.
- ◆ Students will engage in activities such as creating posters, role-playing sun-safe scenarios, and tracking daily UV levels.

POLICY REVIEW

The Star of the Sea Sun Protection Policy will be reviewed on a three-yearly basis with staff, SRC's, OSHC and WHS Committee. This policy is to work in collaboration with the Inclement Weather Policy for extreme weather conditions.

ACKNOWLEDGEMENT AND APPROVAL

This policy has been developed in consultation with staff, students, and the broader school community and was approved on 17th March 2025

REVISION RECORD

Implemented	24 th February 2025
Ratified by School Board	17 th February 2025
Last Reviewed	17 th February 2025
Next Review	31 st January 2026

RESOURCES AND RELATED POLICIES