

## 1 Policy

**St Oliver Plunkett Catholic Primary School (School) strives at all times to provide a safe learning environment that promotes and supports SunSmart practices and the short and long term health and wellbeing of all students.**

**The School is committed to considering the effects of the sun when planning student and staff activities and to ensuring that students develop independent sun protection skills.**

## 2 Rationale

The School recognises that too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. Further, UV damage accumulated during childhood and adolescence is associated with an increased risk of skin cancer in later life.

SunSmart behaviour is essential to reducing the risk of skin damage from exposure to the sun.

## 3 Aims

This policy provides guidelines that aim to:

- Ensure all students and School personnel are protected from over-exposure to UV radiation and that UV risk and that the associated harms are minimised;
- Ensure that planning activities consider the availability of shade; and
- Encourage students to develop independent sun protection skills to help them to be responsible for their own sun protection.

## 4 Implementation

The School will encourage and promote the key SunSmart procedures:

1. Seek **Shade**
2. Slip on **Sun Protective Clothing**
3. Slap on a **Hat**
4. Slop on **Sunscreen**

### 4.1 Shade

The School will ensure that there are sufficient shelters and trees providing shade in outdoor areas, particularly those that are high-use areas such as areas used for lunch, accessing the tuckshop, assemblies, sports, outdoor lessons and popular play spaces.

An assessment of the availability and quality of shade will be conducted regularly, and particularly when planning outdoor activities. Shade will also be considered in the planning of future buildings and changes to the School grounds.

### 4.2 Sun Protective Clothing

The School uniform includes loose fitting, sun protective clothing made of densely woven fabric. Uniform items include collared shirts and elbow-length sleeves, long dresses and shorts, and rash vests for outdoor swimming.

Students are required to wear correct uniform and may be limited from participating in outdoor activities if sun protective clothing is not worn.

## 4.3 Hat

All students are required to wear hats that protect their face, neck and ears (legionnaire, broad-brimmed or bucket hat), whenever they are outside. Peak caps and visors are not considered a suitable alternative.

Students who do not have an appropriate hat are asked to play in a suitable area, protected from the sun.

## 4.4 Sunscreen

Students are required to apply their own broad-spectrum, water-resistant sunscreen. Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminder notices), and it is recommended that sunscreen is applied at least 20 minutes (where possible) before going outdoors and reapplied every two hours or more frequently if sweating or swimming.

## 5 Roles and Responsibilities

### 5.1 Role of the School

- Develop procedures that support the implementation of SunSmart practices.
- Model a positive attitude by practicing and promoting SunSmart behaviour.
- Provide adequate supervision and ensure that all students wear the School hat when outdoors. Require that students who do not have an appropriate hat play in a suitable area, protected from the sun.

### 5.2 Role of Students

- Take responsibility for their own health and safety by being SunSmart.
- Comply with the School's uniform expectations and follow SunSmart rules and guidelines.
- Abide by all teacher instructions when an appropriate hat is not available for outside play.

### 5.3 Role of Parents/Carers

- Support the School by encouraging students to be SunSmart in their daily lives.
- Support the School by ensuring that students have the correct uniform items to promote sun safety.
- Model a positive attitude by practicing SunSmart behaviour in the home.
- Encourage children to apply sunscreen prior to arrival at School and if necessary during the course of the day.

## 6 Review

This policy will be reviewed every 3 years, or earlier at the discretion of the Principal.

## 7 Related documents

- i. Uniform Policy, available from the School office, or the online Parent Portal.
- ii. [www.sunsmart.com.au](http://www.sunsmart.com.au)