

ST JOSEPH'S  
SCHOOL CLARE



# Sun Protection Policy and Procedure

# St Joseph's School, Clare

## Sun Protection Policy

(Supported by Cancer Council's Sun Smart Schools Program)

### Context Statement

Australia has one of the highest incidences of skin cancer in the world. A balance of ultraviolet (UV) radiation exposure is important for health. Too much of the sun's UV radiation can cause skin damage, including skin cancer. Sun exposure during childhood and adolescence is a critical factor in determining future skin cancer risk.

Too little UV radiation from the sun can lead to low vitamin levels. Vitamin D is essential for healthy bones and muscles and for general health.

### Underlying Assumptions, Philosophy & Rationale

We at St Joseph's Clare, acknowledge, that in partnership with parents, the need and responsibility to care for children and to allow them to live in dignity and know their own worth and value as a gift from God. This policy applies to all school events, on and off site.

### Purposes / Aims

Through application of this policy, St Joseph's School will:

- encourage positive attitudes towards skin protection.
- reinforce personal responsibility for, and decision-making about, skin protection.
- promote lifestyle practices which can help reduce the incidence of skin cancer.
- encourage the entire school community to use a combination of sun protection measures whenever UV Index levels reach 3 and above.
- work towards a safe school environment that provides shade for students, staff and the school community at appropriate times.
- ensure that families and new staff are informed of the school's sun protection policy.

### Guidelines

St Joseph's Clare implements a combination of sun protection procedures for all outdoor activities when the UV is 3 and above. The following guidelines outlined in this policy are for implementation during **Terms 1, 3 and 4 and when the UV is 3 and above at other times**. The school community is encouraged to access the daily sun protection times via the SunSmart app [myuv.com.au](http://myuv.com.au) or via the Bureau of Meteorology website <http://www.bom.gov.au/sa/uv> to assist with implementing this policy.

### In support of this policy St Joseph's School will:

- retain membership with the Cancer Council's Sun Smart Schools Program.
- allocate resources to increase protection from the sun through tree planting and the maintenance of our existing sunshades.
- supply each classroom with SPF 30+ or SPF 50+ broad spectrum sunscreen - water resistant.
- include a copy of this policy on the School Website.
- make available an approved hat that must give good protection to the head, ears and back of neck. This may include a broad brim, bucket hat with a deep crown and brim width of 6cm or a legionnaire style. Baseball caps and visors are not acceptable.
- include programs on skin cancer prevention in the curriculum for all year levels.

- regularly reinforce and promote Sun-Smart behaviour to the whole school community through newsletters, school website, parent and staff meetings, school assemblies, student and teacher activities and in the student enrolment packs.

### **The Staff will:**

- act as positive role models and protect themselves from UV radiation as part of Work Health and Safety by wearing approved hats, sun protective clothing, sunglasses and SPF 30 or higher sunscreen, and seek shade when involved in outdoor activities at the school, including yard duty.
- schedule outdoor activities so as to avoid the peak UV time of day where possible or conduct activities in shaded areas where possible.
- schedule sports days and other outdoor events during Term 2 or Term 3, or earlier in the day where practical.
- consider a combination of sun protection measures when planning outdoor events such as camps, excursions, sporting activities and swimming carnivals.
- include skin care in the Health Curriculum for all year levels.
- actively encourage students to apply sunscreen 20 minutes before going outdoors and reapply every 2 hours when outdoors, or more frequently if perspiring or involved in water activities.
- allow time for the application of sunscreen.
- encourage students to seek shade when outside.

### **The Principal will:**

- notify the parents of the brand of SPF 30+ broad spectrum sunscreen available via the newsletter.
- inform parents of this policy at the time of enrolment and positively promote the policy through a variety of communication methods including the School Newsletter, website and notice boards.
- ensure shade audits are conducted regularly to determine the current availability and quality of shade.
- in consultation with the School Board, ensure shade provision is considered in plans for grounds improvements as well as future buildings and grounds development.

### **The Students will:**

- wear the approved school hats whenever they are outdoors during Terms 1, 3 and 4, and when the UV level is 3 and above outside of these times.
- if there are activities where the children are exposed to the sun for prolonged periods of time during Term 2, hats are to be worn.
- when the UV is 3 and above, students will apply broad-spectrum, water-resistant sunscreen with an SPF of 30+ or 50+ 20 minutes before going outdoors and reapply every 2 hours when outdoors (breaks, outings, pool, sport, camps etc).
- remain under the verandahs if they do not have a school hat.
- wear a t-shirt or rash vest over bathers when involved in swimming or aquatics.
- wear appropriate skin protective clothing including shirts with collars and longer style sleeves, and longer style shorts, dresses and skirts as part of the uniform.
- follow reasonable instructions given by school staff to protect themselves from overexposure to UV radiation.

### **The Parents will:**

- supply an alternative sunscreen in the case of allergies.
- instruct their child/children on the correct way to apply sunscreen.

Other visitors will role model sun protection (sun protective clothing hats, sunscreen and shade) when involved in outdoor activities at the school.

## Support Documents

- [SunSmart Primary School Policy Guidelines](#)
- [Sun Smart Program Implementation Times – Cancer Council SA](#)
- School Uniform section of School Information Book

## Relevant Resources

### Sun protection times

- The sun protection times show when the UV is forecast to be 3 and above. They can be accessed via the free SunSmart app, the free widget to place on your website (download via <https://www.cancersa.org.au/cut-my-risk/sunsmart/resources/sunsmart-app-and-widget>), [myuv.com.au](http://myuv.com.au), in the weather section of the newspaper or the Bureau of Meteorology website <http://www.bom.gov.au/sa/uv>.

### Creating effective shade

- This online shade audit tool allows you to assess whether your existing shade is adequate. It also helps you develop a list of practical recommendations to improve both built and natural shade. Visit <http://www.sunsmart.com.au/shade-audit>.

### Generation SunSmart

- Fun and interactive online sun protection modules for teachers, school nurses and year 6-9 students. Visit <http://www.generationsunsmart.com.au/>.

### SunSmart millionaire

- How SunSmart are you? An innovative online game-based resource for children aged 9-13 years that promotes the science behind the SunSmart message. Visit: <https://app.education.nsw.gov.au/rap/resource/access/a0d1bab8-c857-4bf6-9b95-640d3776b20d/1>

### SunSmart Hat-Wearing Toolkit

- Leads staff through simple steps, with useful tips and resources to reinforce current SunSmart hat-wearing behaviour to reach 100% compliance or to phase out baseball caps. Visit
- <https://www.cancersa.org.au/prevention/sunsmart/sunsmart-resources/hat-wearing-toolkit>

## Developed by School Board

Reviewed every 3 years

Due for next review

February 2026