St Joseph’s Catholic Primary School
SUNSMART POLICY.

Reviewed and rewritten Term 4 2009.
Reviewed 2012
Reviewed to remain a Sunsmart School 2014
Reviewed 2015

VISION:
St. Joseph’s Primary School is committed to:

• Giving witness to the Catholic faith and honouring the Brigidine charism.
• Treating each individual with respect and dignity.
• Providing excellent teaching and learning opportunities allowing all to celebrate gifts and talents.
• Ensuring a safe and nurturing learning environment.
• Developing strong partnerships with Parish, family, school, wider community and the natural environment.

Beliefs:
The policy around safety in the sun is the documentation of the procedures followed in order to be a sunsmart school. A healthy balance of the sun’s ultraviolet (UV) radiation exposure is important for health. Too much UV from the sun can cause sunburn, skin damage, eye damage and skin cancer. Australia has one of the highest rates of skin cancer in the world. Two in three Australians will develop some form of skin cancer before they reach the age of 70. Overexposure to UV during childhood and adolescence is known to be a major cause of skin cancer. Sun protection is needed whenever UV levels reach three and above. In Victoria average UV levels are three and above from the beginning of September to the end of April. During these months particular care should be taken during the middle of the day between 10am – 3pm when UV levels reach their peak.
Too little UV from the sun can lead to low vitamin D levels. Vitamin D regulates calcium levels in the blood. It is also necessary for the development and maintenance of healthy bones, muscles and teeth. From May to August in Victoria, average UV levels are below three so sun protection isn’t usually needed during these months in Beechworth.

Goals:
The goals of the SunSmart Policy are to:
• Ensure that all children and staff maintain a healthy UV exposure balance.

Implementation and Organisation:
The staff will:
• Encourage the entire school community to use a combination of sun protection measures whenever UV Index levels reach 3 and above from September to April.
• Work towards a safe school environment that provides shade for children, staff and the school community at appropriate times.
• Assist children to be responsible for their own sun protection.
• Ensure that families and new staff are informed of the school’s SunSmart policy.
  SPF 30+ is available and encouraged for student and teacher use prior to recess times and outdoor activities such Active After School, sports days etc.
  School clothing is made of close weave fabric and includes shirts with collars and longer sleeves, longer style dresses and shorts and rash vests or t-shirts for outdoor swimming.
• Children and staff are required to wear hats that protect their face, neck and ears, i.e. legionnaire, broad brimmed or bucket hats, whenever they are outside.
  Baseball caps do not offer enough protection and are therefore not acceptable.
Children and staff use a combination of sun protection measures whenever UV Index levels reach 3 and above. Particular care is taken between 10am and 3pm when UV Index levels reach their peak during the day.
• The SunSmart policy is considered when planning all outdoor events e.g. assemblies, camps, excursions and sporting events. Where possible, we have outdoor activities or events earlier in the morning or later in the afternoon, or we try using indoor venues.
• The school makes sure there is a sufficient number of shelters and trees providing shade in the school grounds particularly in areas where children congregate such as, outdoor lesson areas and popular play areas.
• In consultation with the school Board, shade provision is considered in plans for future buildings and grounds.
• The availability of shade is considered when planning excursions and all outdoor activities.
• Children are encouraged to use available areas of shade when outside.
• Children who do not have appropriate hats or outdoor clothing are asked to play in the shade or a suitable area protected from the sun.
  Staff are required at all times to be role models in sunsmart activity, eg hats at all times when necessary and sunscreen etc.
  Curriculum will include programs on skin cancer prevention at all grade levels.
  Sunsmart behaviour will be advertised in the newsletters.
*Strategies are in place to help remind children to reapply sunscreen before going outdoors (e.g. reminder notices, sunscreen monitors, sunscreen buddies, storing sunscreen next to hats and play lunch).

Resources:
www.sunsmart.com.au

The Sunsmart Policy will be viewed at the beginning of each year prior to students beginning school and will be reviewed during the review year of all Pastoral Care policies as according to the review cycle.