



# Covenant Christian School

## SUN SMART POLICY

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Prepared by

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Approved by            Executive

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Monitored by          Executive

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Review by              School Nurse

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### Version History

Version	Date	Notes
1.0	20-10-06	Extracted from Staff Handbook
	August 2009	Reviewed – no changes
	September 2011	Reviewed with minor changes
	September 2013	Cancer Council SunSmart Policy submitted. To be reviewed every 3 years and submitted to Cancer Council.
	November 2013	Reviewed and minor changes made to comply with SunSmart policy.

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## SUN SMART POLICY

### RATIONALE

Australia has the highest incidence of skin cancer in the world. 2 out of 3 Australians will be diagnosed with skin cancer before the age of 70. 1600 deaths from skin cancer are recorded each year.

There are four factors, often occurring simultaneously, which contribute to these statistics:

- The population is predominantly fair skinned.
- Ultraviolet light from the sun is of sufficient intensity to induce skin cancer in this susceptible population.
- For most of this century social values have supported the belief that a suntan is healthy and attractive.
- Lifestyle, work, school and recreational habits expose people to the sun for long periods.
- Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Much of the damage occurs during childhood and adolescence. Research suggests that severe sunburn is a contributor to skin cancer and other forms of skin damage such as wrinkles, sunspots, blemishes and premature ageing. Most skin damage and skin cancer is, therefore, preventable.

Our God has given us our skin, and we are to care for it. School can help reduce the incidence of skin cancer and the number of related deaths by encouraging all members of the school community to take effective skin protection measures.

### AIMS

The aims of the Sun Smart Policy are to promote among students, staff and parents:

- positive attitudes towards skin protection
- lifestyle practices which can help reduce the incidence of skin cancer and the number of related deaths
- personal responsibility for and decision making about skin protection
- awareness of the need for environmental changes in schools to reduce the level of exposure to the sun.

### IMPLEMENTATION STRATEGIES FOR SKIN PROTECTION

This policy is for implementation throughout the year with particular emphasis in Terms 1 and 4. The purpose of the policy is to ensure that all children attending Covenant are protected from skin damage caused by the harmful ultraviolet rays of the sun.

As part of the general skin protection strategies:

1. Students will be encouraged to wear hats which protect the face, neck and ears; shirts with collars and sleeves; and SPF 30+ broad spectrum water resistant sunscreen whenever they are outside, eg sport, sports carnivals, outdoor excursions and activities. This is compulsory for K6.
2. K-12 students who do not have their hats with them will be asked to sit in an area protected from the sun (in K-6 students will not be allowed to play in the sun without a hat – No hat No play).
3. Students will be encouraged to use available areas of shade for outdoor play activities. Shade is provided by trees, buildings and shade cloth covering.
4. Outdoor activities will be held in areas of shade whenever possible
5. Teachers will schedule outdoor activities before 10 a.m. and after 2 p.m. (11 a.m. and 3 p.m. daylight saving time) whenever possible. When this is unavoidable students will be asked to wear a hat and/or sunscreen.

6. Where shade is not available, students should wear hats and/or be supplied with 30+ SPF sun screen.
7. Staff will act as role models by practising Sun Smart behaviour:
  - i. wearing protective hats, sunglasses and appropriate clothing for all outdoor activities
  - ii. Using an SPF 30+ broad spectrum, water resistant sunscreen for skin protection
  - iii. Seeking shade whenever possible.
8. The school will supply staff with 30+ SPF sunscreen to wear during outdoor lessons and while on duty in the playground.
9. Staff will incorporate information about skin cancer prevention in appropriate sections of the curriculum. Sun protection information is communicated through a range of channels eg newsletter, noticeboards, parent meetings, staff meetings and school assemblies.
10. Staff will seek ongoing support from parents and the community for the Sun Smart Policy and its implementation. Families and visitors are encouraged to role model sun protection measures when attending outdoor activities.
11. Encourage students to be actively involved in initiatives to protect the school population from excessive exposure to the sun.

## PHYSICAL EDUCATION

As part of the Physical Education Program the school will:

1. Encourage students and staff to:
  - i. wear hats that shade the face, neck and ears;
  - ii. wear shirts with sleeves and collars that are made from closely woven natural fibre; and
  - iii. apply SPF 30+ SPF broad spectrum, water resistant sunscreen.
2. In sports where the wearing of a hat can present a danger to participants or is banned from use (eg Touch Football, Netball, Soccer etc) students will be encouraged to wear 30+ SPF sunscreen.
3. Where possible schedule lengthy outdoor activities outside the hours of 10 a.m. and 2 p.m. (11 a.m. and 3 p.m. daylight saving time).
4. Use shaded areas and indoor venues whenever possible.

## SPORT PROGRAM

The school Sport Program will, in addition to those strategies mentioned under Physical Education, provide:

1. A variety of sports which can be played at indoor venues.
2. Shade and shelter at outdoor sporting functions, particularly if held between 10am and 2pm (11am and 3pm daylight saving time).
3. 30+ SPF broad spectrum sunscreen to be made available to all teachers and students participating in outdoor sports and events.



# Primary School Sun Protection Policy

Step  
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Submit your Sun Protection Policy.

Sun safety remains an important health and safety issue for schools. Staff, parents, students and community members need to work together to implement a comprehensive range of sun-safe strategies to reduce the risk of skin cancer for students and staff.

The new DEC Sun Safety for Students Guidelines recommend Cancer Council NSW's free SunSmart Primary School Program as an effective way to comply with the guidelines' assessment criteria.

To join the SunSmart Primary School Program, your school's Sun Protection Policy will need to address the 10 SunSmart recommendations outlined below. Whilst each school faces different challenges and may not be able to implement all recommendations straight away, you can still join and identify the measures you are currently implementing and those you will work towards in the future.

Choose to use this Sun Protection Policy for your school by completing the form below.

**OR**

Update your school's existing Sun Protection Policy to cover the 10 recommendations below and send it to us.

## Using our Sun Protection Policy?

Complete this form and return it with your Contact Details and Partnership Commitment Form.

School name: \_\_\_\_\_

Next policy review date: \_\_\_\_\_ (Required every 3 years.)

Recommendations (Please tick whether implementing or planning)	Implementing	Planning
<b>1 Scheduling outdoor activities</b> <ul style="list-style-type: none"><li>Where possible we schedule outdoor activities outside the peak UV times of 10am – 2pm (11am – 3pm daylight saving time), in the shade or indoors. This includes assemblies, PE lessons and school sport.</li><li>We consider sun protection when planning outdoor activities, including excursions, sport and carnivals.</li><li>We review class timetables to minimise outdoor activity during peak UV times.</li></ul>		
<b>2 Shade</b> <ul style="list-style-type: none"><li>We are committed to providing a variety of shade in all areas where students congregate. This includes trees, built and portable shade in areas for recess, lunch, outdoor teaching and sport.</li><li>We encourage students to use available shade when outside.</li><li>We conduct shade assessments to determine future shade needs.</li><li>We consider shade or indoor options for all outdoor activities and excursions.</li></ul>		

Email, fax or post this completed form (or your school's own policy) and Contact Details Partnership Commitment to:  
e: [sunsmartschools@nswcc.org.au](mailto:sunsmartschools@nswcc.org.au) t: (02) 8302 3529 SunSmart info line: (02) 9334 1761  
SunSmart Program Cancer Council NSW PO BOX 572 Kings Cross NSW 1540



Recommendations (Please tick whether implementing or planning)	Implementing	Planning
<p><b>3 Hats</b></p> <ul style="list-style-type: none"> <li>We encourage students to wear sun-safe hats that protect the face, neck and ears when outside for play, sport and teaching. Recommended sun-safe hats include legionaire, broad-brimmed and bucket hats.</li> <li>Baseball caps are not recommended and will be phased out.</li> <li>We use age and developmentally appropriate sun-safe strategies such as "No hat, play in the shade".</li> </ul>		
<p><b>4 Clothing</b></p> <ul style="list-style-type: none"> <li>We ask students to wear school and sports uniforms which are effective in minimising exposure to ultraviolet radiation, including shirts with collars or covered necklines and sleeves and longer style dresses or shorts.</li> <li>We encourage the use of rash vests or t-shirts for outdoor swimming.</li> </ul>		
<p><b>5 Sunscreen</b></p> <ul style="list-style-type: none"> <li>We make available sunscreen that is at least SPF30+ broad-spectrum and water-resistant for all school activities and events.</li> <li>We encourage students to apply sunscreen before going outdoors and to reapply sunscreen every 2 hours when outdoors for extended periods.</li> </ul>		
<p><b>6 Role modelling of staff</b></p> <p>We ask staff to role model good sun protection behaviours when outside, including:</p> <ul style="list-style-type: none"> <li>Wearing sun-safe hats, clothing and sunglasses.</li> <li>Applying at least SPF30+ broad-spectrum water-resistant sunscreen.</li> <li>Seeking shade whenever possible.</li> <li>Phasing out baseball caps.</li> </ul>		
<p><b>7 Curriculum</b></p> <ul style="list-style-type: none"> <li>We teach sun safety across Key Learning Areas in all year levels.</li> <li>Students understand why sun safety is important and learn how to take effective sun protection actions.</li> </ul>		
<p><b>8 Informing the school community</b></p> <ul style="list-style-type: none"> <li>We communicate sun protection information through a range of channels e.g. our annual report, newsletters, notice boards, online, parent meetings, staff meetings, school assemblies and student orientation.</li> <li>We encourage families and visitors to role model sun protection measures when attending outdoor activities.</li> </ul>		
<p><b>9 Sunglasses <del>Optim4</del></b></p> <ul style="list-style-type: none"> <li>We encourage staff and students to wear close-fitting wrap-around sunglasses that cover as much of the eye area as possible and comply with Australian Standard AS1067 (Sunglasses: Category 2, 3 or 4).</li> </ul>		
<p><b>10 Review</b></p> <ul style="list-style-type: none"> <li>The school community will regularly monitor and review the effectiveness of the Sun Protection Policy by referring to DEC's Sun Safety for Students Guidelines, Checklist and Action Plan.</li> <li>We will update the school's Sun Protection Policy in line with the SunSmart recommendations and send to Cancer Council NSW every three years.</li> </ul>		