

# All Saints Catholic Primary School

# Sun Smart Policy



Developed by: Staff and School Board

**Note: All references to 'Staff members' include Administration Staff, Support Teachers, Teachers and Temporary Relieving Teachers.**

**This Policy applies to all school events on and off-site.**

## Purpose:

**Through the application of this policy, we at All Saints Catholic Primary School aim to:**

- Increase the school community's awareness of skin cancer and the importance of skin protection.
- Increase the school community's awareness of the importance of a healthy balance between UV exposure and UV protection.
- Increase awareness of the need for environmental changes in our school to reduce the level of exposure to the sun.
- Ensure children are encouraged and supported to develop independent sun protection skills to help them be responsible for their own sun protection.
- Encourage children, parents/carers, staff and visitors to wear protective clothing, broad brimmed hats (not baseball caps) and sunscreen when the UV reading reaches 3 and above, when involved in outside activities. E.g. break times, excursions, sporting activities, camps etc.

## Underlying Principles:

**We at All Saints Catholic Primary School understand that:**

- Australia has one of the highest rates of skin cancer in the world.
- Ultra Violet (UV) radiation is part of the Sun's light that burns and damages the skin, which is independent of temperature and weather.
- The higher the UV radiation the greater the potential for damage to skin.
- Too much exposure to UV will cause skin & eye damage and skin cancer. Too little can lead to Vitamin D deficiency.
- To ensure a healthy balance between UV exposure and UV protection, it is recommended that skin is protected when UV is 3 and above.
- For much of South Australia this tends to occur from the beginning of August to the end of April.
- The crucial period for sustaining sun damage occurs during the first 20 years of life.
- Schools can play a significant role in changing behaviours through education and modelling.
- Wearing a hat and sunscreen when participating in outside activities during the months when UV is 3 and above is a positive and healthy habit for children to form.
- During the months of May to the end of July sun protection (including hats) are not needed on the days when UV level is below 3.
- Using sensible sun protection when the UV reaches 3 and above does not pose a risk for Vitamin D deficiency.
- Schools have a responsibility to initiate and implement skin cancer prevention strategies in the interests of children's health. The children, parents/carers, staff and visitors need to be aware of the harmful effects of UV radiation.

## Environment

- A shade audit is conducted regularly to determine the current availability and quality of shade.
- The school makes sure there is a sufficient number of shelters and trees providing shade in the school grounds particularly in areas where students congregate e.g. lunch, outdoor lesson areas and popular play areas.
- The availability of shade is considered when planning excursions and all other outdoor activities.
- Shade provision is considered in plans for future buildings and grounds.
- Students are encouraged to use available areas of shade when outside.

## Guidelines:

The following procedures are for implementation when the UV reading reaches 3 or above.

The school community is encouraged to check the SunSmart UV Alert via the SunSmart app or via the Bureau of Meteorology website to assist with the implementation of this policy.

### In support of this policy

#### The Principal will:

- Ensure that all staff, children, parent/carers are aware of the School's Sun Smart Policy.
- Inform parents/carers of the Sun Smart Policy via the newsletter and website.

#### All Staff members will:

- Adhere to the Sun Protection procedure outline by the Catholic Safety, Health & Welfare South Australia (CSH&W SA).
- Wear an appropriate sun protective hat (broad brimmed hat) when participating in any school outdoor activity including yard duty.
- Model appropriate Sun Smart behaviour by wearing sun protective clothing, sunglasses, sunscreen and seeking shade.
- Ensure that all children wear a school hat whenever they are involved in outdoor school activities.
- Whenever possible all outdoor activities will be scheduled out of the peak UV times of the day, or where possible conducted in the shade. When outdoor activities such as camps, excursions, sport activities and swimming carnivals are planned, a combination of skin protection measures should be considered.
- Encourage children to seek shade.
- Encourage children to apply SPF 30 or higher, broad spectrum, water resistant sunscreen before they come to school each day and reapply every 2 hours when outdoors when the UV is 3 and above.
- Ensure that skin cancer prevention education is included in the curriculum across all year levels.
- Ensure that the 'No hat. Play in the shade' rule is enforced.

#### Children will:

- Wear a broad brimmed school hat whenever they are involved in outdoor school activities.
- Wear correct school uniform which offers adequate UV protection.
- Be encouraged to apply SPF30 or higher, broad spectrum, water resistant sunscreen before school and reapply every 2 hours when outdoors when the UV reaches 3 and above. Water resistant sunscreen should be reapplied after heavily perspiring or taking part in water based activities such as swimming and towel drying, even if within the 2 hours.
- Supply their own SPF 30 or higher, broad spectrum, water resistant sunscreen.
- Follow the 'No hat. Play in the shade' rule. Students that are not wearing a hat or appropriate clothing will be asked to play in an area protected from the sun.

**Parents/Carers will:**

- Ensure that all children wear a broad brimmed school hat.
- Ensure that all children wear the school uniform which offers adequate protection against UV radiation
- Provide children with SPF 30 or higher, broad spectrum, water resistant sunscreen.
- Be aware and encouraged to follow the school’s ‘Sun Smart’ policy and role model sun protection when involved in outdoor activities at the school.

**Visitors will:**

- Be aware and encouraged to follow the school’s ‘Sun Smart’ policy and role model sun protection when involved in outdoor activities at the school.

**Implementation:**

- All members of staff will have access to the policy via the school’s intranet.
- Parents/Carers and the community will be informed of this policy via the newsletter and can access the policy via the school website.

**Basis of Discretion:**

The Principal has the discretionary option to vary this policy on days with adverse weather conditions.

**Support Documents:**

Cancer Council SA Primary School SunSmart Policy Guidelines [www.sunsmart.org.au](http://www.sunsmart.org.au) .  
Catholic Safety, Health & Welfare South Australia (CSH&W SA) [Maintaining Workplace Health Procedure \(1\) V1.](#)

**Financial Budget:**

The cost of sunscreen for children, staff and visitors.

**Resources:**

SPF 30+ Sunscreen made available for staff use.

Sign: \_\_\_\_\_ Date: \_\_\_\_\_  
(Principal)

Sign: \_\_\_\_\_ Date: \_\_\_\_\_  
(Chairperson on behalf of School Board)

*Date to be reviewed: August 2025*