



St Brigid's Catholic School

New Norfolk

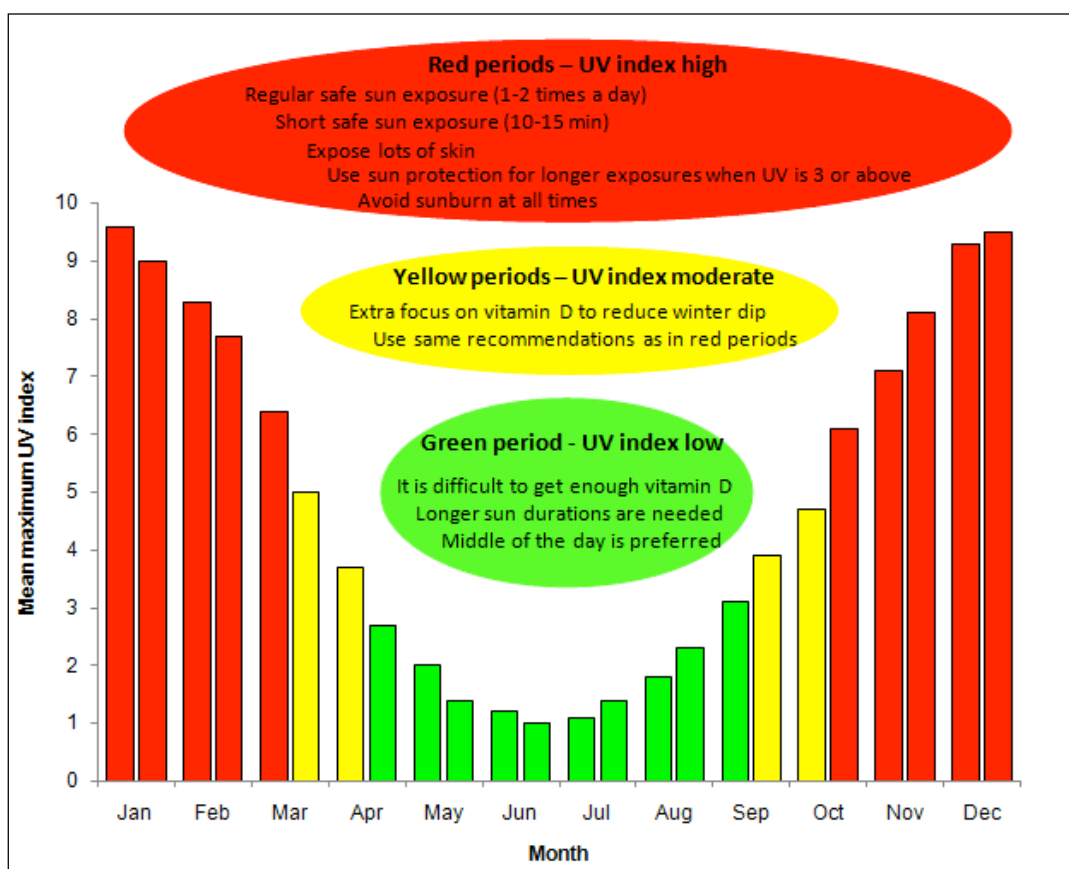
SUNSMART POLICY



RATIONALE

Over-exposure to UV (ultraviolet) rays from the sun causes sunburn, long-term skin damage and dramatically increases the risk of skin cancer. Inappropriate sun exposure in the first 18 years of life contributes significantly to the lifetime risk of developing skin cancer. However, some skin exposure to the sun's UV rays is needed for the production of vitamin D, which is vital for maintenance of healthy bones, teeth and general good health. Insufficient exposure to UV radiation can lead to low vitamin D levels, which is a problem for many Tasmanians. Being "SunSmart" in Tasmania involves a whole-year approach. It means using sun protection in the spring/ summer months when the UV is 3 and above (mid-September to mid-April), and smart sun exposure for vitamin D in winter/autumn (mid-April to mid-September).

The following tables shows Tasmania's UV levels across the year with recommended levels of sun exposure



OBJECTIVES

- Ensure that children and staff maintain a healthy UV exposure balance all year round.

Encourage sun protection when UV Index levels reach 3 and above and smart sun exposure when UV is low for vitamin D levels.

- As our duty of care as staff members of St Brigid's Catholic School requires us to protect the health and safety of the students and ourselves, our Health Curriculum includes teaching and learning units about dangers that occur from exposure to the sun. Our Sun protection period is in place from mid September until mid April. The "SunSmart" message is reinforced and promoted to the school community on a regular basis throughout the year. The school community is educated about the need to prevent skin damage by limiting exposure to the sun.

STRATEGIES

From mid-September to mid-April in Tasmania

(when average UV Index levels reach 3 and above)

- Staff are encouraged to check the UV Alert on a regular basis
- 1. Slip on sun protective clothing
 - Students will wear the school uniform, which is collared for both boys and girls and protects the shoulders and upper arms. Dresses and shorts are at least knee length.
 - On free dress days children are not to wear clothes exposing excessive amounts of shoulder and upper torso (eg. singlets, tank tops, muscle tops and strappy dresses).
 - For camps and excursions suitable hats, clothing and sunscreen are requirements. These items will be listed on any camp information letters or forms.
- 2. Slop on SPF 30+ sunscreen
 - The application of sunscreen, supplied by parents for their children, to exposed areas such as hands, arms, and legs is encouraged before the children go out into the playground. Students are to apply the sunscreen themselves.
 - During the period early September to early April, reminders to parents will be issued in the school newsletter regarding the supplying of sunscreen. Staff and students are actively encouraged to correctly apply sunscreen for outdoor activities
 - With parental consent, children with type 5 and 6 skin (see accompanying skin type chart) are not required to wear sunscreen.

Advice for darker skinned children

- Children with type 5 and 6 skin (see enclosed skin type chart) may need 4-6 times as much sun for vitamin D production, and from mid-September to mid-April should generally not use long sleeved tops or sunscreen, unless out for

more than 2 hours in high UV conditions. However, In the middle of the day they should still wear a hat to protect the sensitive skin around eyes and ears.

3. Slap on a hat

- During the period of the year mid-September until mid-April, all students must wear approved green school hats when out-of-doors during school hours. This includes recess and lunch breaks and Physical Education and sports sessions. School approved sun hats are a compulsory part of the school uniform and as such are sold at the school's uniform shop.
- Children who are not wearing approved hats are required to sit in the shade in designated areas during recess and lunch times;
Students will not be permitted to join in outside activities if they are not wearing approved sunhats: NO HAT- NO PLAY.
- During the period when students are required to wear hats, staff must wear broad-brimmed or bucket hats when out-of-doors during school hours This includes recess and lunch breaks and Physical Education and sports sessions.

4. Seek shade

- The school community is committed to the inclusion of shaded areas in play space. The School Board and the Parents and Friends Association together with the school staff aim to gradually increase the area of shaded play space.
- Children are encouraged to use available areas of shade when outside.
- The availability of shade is considered when planning excursions and all outdoor activities.

5. Slide on sunglasses (suggested)

- The school actively encourages the use of wrap around style sunglasses when provided by families for children. Sunglasses should comply with Australian Standards AS/NZS 1067, and be labelled as category 2 or 3. Sunglasses should cover as much of the eye area as possible.

From mid-April to mid-September in Tasmania (when average UV index levels are below 3)

To maintain adequate Vitamin D levels:

- Sun protection methods are not required when the UV is below 3 unless in alpine regions, near highly reflective surfaces such as snow or water, or when outside for longer than 2 hours.

Implemented November 1996
Amended October 2007
Amended May 2008
Amended July 2008
Reviewed February 2011
Amended October 2011
Reviewed and Amended October 2013

SUNSMART

Save your child's skin

From mid-September to mid-April in Tasmania
(when average UV Index levels reach 3 and above)

Unprotected exposure to the sun in the first fifteen years of your child's life more than doubles their chances of getting skin cancer later in life. So it's important to protect them from the sun's damaging rays each and every day.

The earlier children get into the habit of protecting themselves from the sun the better. So make sun protection part of your family's routine **every** summer. There are a few simple steps to remember.

- ❖ **SLIP** on a shirt and other clothing that covers the skin.
- ❖ **SLOP** on some sunscreen that is labeled SPF 30+ broad spectrum and water resistant (don't forget to reapply every two hours and apply 20 minutes before exposure to the sun's harmful rays).
- ❖ **SLAP** on a hat with a wide brim, or a legionnaires hat to protect the neck and ears.
- ❖ **SLIDE** on sunglasses in a close fitting, wrap around style that meets the Australian Standards AS 1067.
- ❖ **SEEK** shade. Encourage your child to play in the shade.
- ❖ Plan outdoor activities before 11am and after 3pm (daylight savings time).

Become a role model for your children.

Follow the **SLIP, SLOP, SLAP, SLIDE & SEEK** routine yourself.