

Our Lady Help of Christians  
Catholic Primary School  
Epping



# Sun Safety Policy

Celebrating our faith

Challenging students to achieve

Educating students to be life-long learners

Reaching out to others in justice and love

## **INTRODUCTION**

Our Lady Help of Christians Catholic Primary School, Epping is a one streamed K-6 co-educational school located in the North Shore cluster of Catholic schools in the Diocese of Broken Bay, Sydney. The school is a mixed community with approximately 33% of students from Language Backgrounds other than English. (LBOTE)

The purpose of this policy is to provide an understanding of the Sun Safety procedures at Our Lady Help of Christians Primary School.

## **PURPOSE / RATIONALE**

Australia has the highest incidence of skin cancer in the world. 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.

Primary schools 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.

The purpose of the policy is to ensure that all students attending our school are protected from skin damage caused by harmful ultraviolet rays.

## **AIM**

This policy aims to provide a framework for expected behaviours of students to assist in reducing the effects of the sun.

## **OUTCOMES**

The OLHC Sun Safety Policy aims to promote among students, staff and parents:

- positive attitudes towards skin protection.
- lifestyle practices, which can help reduce the incidence of skin cancer
- personal responsibility for, and decision making about, skin protection.

## **SCHOOL REQUIREMENTS**

*As part of general skin protection strategies:*

- Children will be required to wear, all year round, school-approved hats that satisfy Cancer Council guidelines.
- Children who do not have their hats with them will play in the shaded areas for recess and lunch times.
- Children will be encouraged to use the shaded areas on our playground and outdoor activities will be held in areas of shade, whenever possible.
- Children must wear appropriate hats and be encouraged to wear sunscreen when:
  - travelling to and from school
  - during recess and lunch
  - whilst on excursions
  - during outdoor class and school activities (including sports carnivals)
  - during P.E. lessons
- Teachers will schedule outdoor activities before 10am and after 2pm (11am and 3pm daylight saving time) whenever possible.
- Staff will be encouraged to act as role models by practising *Sun Smart* behaviour i.e. wearing protective hats and appropriate clothing for all outdoor sporting activities, using a SPF 30+ broad spectrum water resistant sunscreen for skin protection.
- Adequate shade will be provided at sporting carnivals and outdoor events where possible
- Use of SPF 30+ broad-spectrum water resistant sunscreen for staff and students will be encouraged.
- Exposure times to the sun, through timetable changes, will be limited when possible.
- Programs on skin cancer prevention will be incorporated into the curriculum (PDHPE – *Safe Living Component*)
- The Sun Safety Policy will be regularly reinforced in a positive way through newsletters, parent meetings, and student and teacher activities.

## **APPENDICES and RESOURCES**

Cancer Council – SunSmart Teaching Resource  
PDHPE K-6 Syllabus – *Safe Living*  
Policy CSO 401: - *Pastoral Care of Student*

## **EVALUATION**

This policy is to be evaluated by staff every two years.  
To be revised: February 2009