



# SUN SMART POLICY

## *Our Vision*

***We seek to build a learning community, enriched by diversity and united in faith for today, tomorrow and into the future. Therefore our mission is to build a community that celebrates faith, learning and diversity.***

### **Strategic Goal:**

1. To implement quality school curriculum programs that support and encourage life long learning roles
2. We aim to give life to our faith

### **Goal:**

1. To develop quality school and classroom plans/programs that actively engage teachers and students in learning
2. We aim to develop and implement programs that support the growth and emotional well being of all students, promote the pastoral care of all students, and educate for care of self and others.

**School Motto:** United in Faith

### **Four Pillars**

- Faith: We celebrate our FAITH by living Gospel Values
- Diversity: We celebrate DIVERSITY by embracing each person's unique identity and giftedness
- Learning: We celebrate LEARNING by striving for excellence in a student-centred environment
- Community: We celebrate COMMUNITY by promoting a spirit of

## **Introduction**

We are committed to creating a vibrant Catholic community, acknowledging and celebrating diversity, enriched by and united in faith. Our policy documents are based on our deep understanding of the vision and mission of Jesus, and our core purpose of building the kingdom of God. The sun smart document is also informed by our understanding of common ways to promote health and well being and current government sun safe policies and documentation.

## **Rationale**

At Our Lady of the Way we work together as a community of teachers, students and parents toward creating a positive environment for all. We value healthy lifestyles and living. We value education toward being sun aware and sun safe. We believe we are all lifelong learners in many ways including social, emotional and behavioural.

At Our Lady of the Way we recognise too much exposure to ultraviolet (UV) radiation from the sun can cause sunburn, skin damage and increase the risk of skin cancer. We value the importance of an effective sun smart policy.

At Our Lady of the Way we believe that protecting our children from sun exposure contributes significantly to reducing the lifetime risk of developing skin cancer.

## **Consequences**

In implementing this Sun Smart Policy Our Lady of the Way school, in partnership with our families will consider:

- How to maximise shade opportunities in the school
- Current research and practice in being sunsmart

Therefore we will:

- o Implement programs to increase student and community awareness about skin cancer and sun protection
- o Encourage the entire school community to use a combination of sun protection measures whenever UV Index levels reach 3 and above, including the wearing of broad brimmed hats
- o Work towards a safe school environment that provides shade for students, staff and the school community
- o Assist students to be responsible for their own sun protection
- o Ensure that families and new staff are informed of the school's Sun Smart policy.

## **Sun Protection Strategies Procedures and Practices:**

At OLW all children and staff will use a combination of sun protection measures whenever the UV Index reaches 3 and above to ensure they are well protected. Particular care is taken between 10 am and 2 pm when UV Index levels reach their peak.

Our Sun Smart 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.

**Shade** - The school board 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 outdoor activities. Children are encouraged to use available areas of shade when outside. Children who do not have appropriate hats or outdoor clothing do not play.

**Clothing** - School clothing is made of close weave fabric and includes shirts with collars and longer sleeves, longer style dresses and shorts

**Hats** - Children are required to wear broad brimmed or bucket hats that protect their face, neck and ears, at all times when they are outside, this includes PE lessons. Children will be allowed to attend interschool sport if they wear their broad brimmed school hat.

**Sunglasses** - Children and staff are encouraged to wear close fitting, wrap around sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.

**Sunscreen** – Children may apply sunscreen that is provided by their parents.

**Water** – Children and staff are encouraged to be well hydrated in class, on the playground and during outdoor activities and lessons.

**Free Dress Days** - Children will wear sun safe clothing that does not expose excessive amounts of skin. They will wear shirts with sleeves. Girls will wear shorts, dresses or skirts that are below mid thigh and their tops will not be low cut at the neckline. Boys will wear shorts below mid thigh. Children are required to wear closed-in shoes for protection of their feet.

**Role Modelling** - Staff act as role models by:

- Wearing sun protective clothing, sunglasses and using hats / umbrellas when outside
- Applying SPF30+ broad spectrum, water resistant sunscreen
- Seeking shade whenever possible

Families and visitors are encouraged to use a combination of sun protective measures (sun protective clothing and hats, sunglasses and sunscreen) when participating in and attending outdoor school activities.

**Curriculum** - Programs on skin cancer prevention are included in the curriculum for all grade levels.

Sun Smart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school webpage, parent meetings, staff meetings, school assemblies, student and teacher activities and on student enrolment.

**Review** - The school board and staff monitor and review the effectiveness of the sun protection policy every three years and revise the policy when required.