



St Joseph's Catholic School
Queenstown
POLICY ON SUN PROTECTION

RATIONALE

Australia has a predominantly fair-skinned population. Factors, such as the intense Australian sunlight, increased leisure time and the belief that a suntan is good, have all contributed to the problem of skin cancer becoming an issue of concern in our country. Australia has the highest incidence of skin cancer in the world.

The sun's ultra-violet radiation is believed to contribute to skin cancer as well as a wide range of skin conditions and disorders, such as mottling, Keratosis, wrinkles, leathery and premature aging.

Skin cancer is therefore only one consequence from over-exposure to the sun's rays. There are three common forms of skin cancer in Australia:

- Basal cell carcinoma
- Squamous cell carcinoma
- Malignant melanoma

Our duty of care as staff members of St Joseph'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. The SunSmart message is reinforced and promoted through the Health Curriculum and 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. Additional protection may be achieved by wearing protective clothing and through the application of sunscreen prior to moving outside. Shirts with collars are part of the compulsory school uniform.

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 increase the area of shaded play space annually.

Procedures that support this policy on sun protection and are implemented when UV is 3 or above (mid-September to mid-April in Tasmania):

1. All students must wear approved maroon broad-brimmed hats when out-of-doors during school hours. This includes recess and lunch breaks and Physical Education and sports sessions. Broad-brimmed hats are a compulsory part of the school uniform and are sold as such at the school's uniform shop.
2. Sun-safe clothing is part of our school and sports uniform. This includes shirts with collars, sleeves, longer style dresses and shorts and rash vests or T-shirts for outdoor swimming. Clothing exposing large amounts of shoulder and upper torso eg. singlets, tank tops and strappy dresses are not considered suitable.
3. Children who are not wearing approved hats or clothing 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.
4. Staff must model sunsafe behaviour including wearing broad-brimmed or bucket hats, appropriate clothing and sunscreen when out-of-doors during school hours. This includes recess and lunch breaks and Physical Education and sports sessions. Families and visitors are also encouraged to model sunsafe behaviours
5. Broad-spectrum, SPF 30+ sunscreen, supplied by the Parents and Friends Association or by parents for their children, is to be available to be applied to exposed areas such as hands, arms, and legs before the children go out into the playground. Sunscreen is applied 20 minutes before going outdoors. If outdoors for extended periods sunscreen is reapplied every 2 hours.
6. During the first and last terms of the school year, reminders to parents will be issued in the school newsletter regarding the supply of sunscreen. Staff and students are actively encouraged to correctly apply sunscreen for outdoor activities.
7. Children may wear wrap around sunglasses that meet the Australian Standard AS1067:2003 (category 2,3 or 4) to protect their eyes from ultra-violet rays.

8. Physical Education and sports lessons are conducted in the school undercover areas at times of peak UV radiation.
9. St Joseph's Catholic School Sun Protection Policy and the SunSmart Guidelines are regularly circulated to all School families.

10. Advice for darker skinned children.

Students with naturally very dark skin (skin types 5 and 6 – see enclosed) may need 4-6 times as much sun for vitamin D production and do not need long-sleeved tops or sunscreen, unless outdoors for extended periods. However, they should still wear hats or sunglasses to protect their eyes when UV is 3 or above.

11. **To help maintain adequate vitamin D levels** sun protection will not be used from mid-April to mid-September, when average peak UV levels are below 3 unless in alpine regions, near highly reflective surfaces such as water and snow or outdoors for extended periods.

Review: School's sun protection policy will be submitted for review to Cancer Council Tasmania once every three years, for updating as new evidence becomes available

This policy will be reviewed as part of the St Joseph's Catholic School policy review cycle and at times when a change in sun protection procedures is required.

*Implemented 2001
Amended February 2005; March 2011; May 2012*

SUNSMART

Save your Child's skin in summer.

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 of your family's routine this 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.

- ❖ Plan outdoor activities before 11am and after 3pm (daylight savings time).

- ❖ **SEEK** shade. Encourage your child to play in the shade.

Become a role model for your children.

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



Fitzpatrick Skin Type

The most commonly used scheme to classify a person's skin type by their response to sun exposure in terms of the degree of burning and tanning was developed by Thomas B. Fitzpatrick*, MD, PhD. Examples are given below.

* Fitzpatrick, T.B. (1988) The validity and practicality of sun reactive skin types I through VI. Arch Dermatol 124; 869-871.

Eye colour

- 0. Light colours
- 1. Blue, gray or green
- 2. Dark
- 3. Brown
- 4. Black

Natural hair colour

- 0. Sandy red
- 1. Blond
- 2. Chestnut or dark blond
- 3. Brown
- 4. Black

Your skin colour (unexposed areas)

- 0. Reddish
- 1. Pale
- 2. Beige or olive
- 3. Brown
- 4. Dark brown

Freckles (unexposed areas)

- 0. Many
- 1. Several
- 2. Few
- 3. Rare
- 4. None

If you stay in the sun too long?

- 0. Painful blisters, peeling
- 1. Mild blisters, peeling
- 2. Burn, mild peeling
- 3. Rare
- 4. No burning

Do you turn brown?

- 0. Never
- 1. Seldom
- 2. Sometimes
- 3. Often
- 4. Always

How brown do you get?

- 0. Never
- 1. Light tan
- 2. Medium tan
- 3. Dark tan
- 4. Deep dark

Is your face sensitive to the sun?

- 0. Very sensitive
- 1. Sensitive
- 2. Sometimes
- 3. Resistant
- 4. Never have a problem

How often do you tan?

- 0. Never
- 1. Seldom
- 2. Sometimes
- 3. Often
- 4. Always

When was your last tan?

- 0. +3 months ago
- 1. 2-3 months ago
- 2. 1-2 months ago
- 3. Weeks ago
- 4. Days

Score

0-6	Skin Type I	
Always burns, never tans (pale white skin)		
7-13	Skin Type II	
Always burns easily, tans minimally (white skin)		
14-20	Skin Type III	
Burns moderately, tans uniformly (light brown skin)		
21-27	Skin Type IV	
Burns minimally, always tans well (moderate brown skin)		
28-34	Skin Type V	
Rarely burns, tans profusely (dark brown skin)		
35+	Skin Type VI	
Never burns (deeply pigmented dark brown to black skin)		

* The information published here is not intended to take the place of medical advice. Please seek advice from a qualified health care professional.