SKIN PROTECTION POLICY
AND IMPLEMENTATION STRATEGIES

APPROVAL OF SKIN PROTECTION POLICY AND IMPLEMENTATION STRATEGIES

Principal

College Board Chair

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VISION STATEMENT
We nurture in our endeavours God’s gifts of holy friendship, a passion for learning and celebration of personal excellence.

OUR MISSION
St Francis de Sales College is a learning community that works together to build an environment in which faith is nurtured in a Catholic Christian tradition. It does this by recognising individuals' skills and talents while appreciating and accepting their uniqueness.

The College is committed to promoting community and personal fulfillment through life enhancing relationships.

St Francis de Sales, as patron, symbolised the high hopes that are held for every St Francis de Sales student, so that, inspired and guided by his example, each child may:

- promote a culture of life through courage in responding to the challenges that life brings
- foster the engagement of faith and reason
- develop a love of learning and independent thinking
- value and respect individuals, irrespective of position, wealth, racial origin or religious beliefs
- become a socially responsible contributor in the community and to society
- acquire virtue and wisdom and respond generously to others throughout life.

RATIONALE
Australia has the highest incidence of skin cancer in the world, with skin cancers accounting for around 80% of all new cancers diagnosed each year in Australia.

There are four factors, often occurring simultaneously, which contribute to these statistics:

1. The population is predominantly fair-skinned.
2. Ultraviolet light from the sun is of sufficient intensity to induce skin cancer in this susceptible population.
3. For many years social values have supported the belief that a suntan is healthy and attractive.
4. Lifestyle, work, school and recreational habits expose people to the sun for long periods.

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.

The Cancer Council South Australia recommends people protect their skin at times when the ultraviolet radiation (UVR) level is 3 (3-5 is the moderate range) and above – this is when the UVR level is strong enough to cause damage to the skin. With this in mind, the guidelines for South Australia are that a skin protection policy be in place from the beginning of September until the end of April. The Cancer Council also recommends that particular care should be taken between 10am to 3pm, when the UVR levels are at their highest.
Schools are ideally placed to help reduce the incidence of skin cancer and the number of related deaths by encouraging all members of the College community to use effective skin protection.

**AIMS**

The aims of the “St Francis de Sales College Skin Protection Policy” are to promote among children, staff and parents:

- positive attitudes towards skin protection
- lifestyle practices which can help reduce the incidence of skin cancer and the number of related deaths
- personal responsibility for and decision making about skin protection
- awareness of the need for environmental changes to reduce the level of exposure to the sun.

**IMPLEMENTATION**

This policy is for implementation from 1 September to 30 April. Outside of this time care should also be taken when the UVR level is 3 (moderate) and above.

The purpose of the policy is to ensure that all members of our College, including Out of School Hours Care (OSHC) programs, are protected from skin damage caused by the harmful rays of the sun.

It is an expectation that all staff, students and parents of St Francis de Sales College, inclusive of the OSHC program (where applicable) will use the following skin protection strategies:

1. Take particular care if in the direct sun between the hours of 10am and 3pm and when the UVR is 3 (moderate) and above, outside of these times.
   1.1 All outdoor activity sessions will be held in shaded areas.
   1.2 Whenever possible, all outdoor activities will be scheduled before 10am and after 3pm, conducted indoors, or in the shaded areas of the College.

2. Use the shade of trees, pergolas, umbrellas and tents whenever outdoors.
   2.1 Tree planting will become an annual College event, with priority given to the open space grassed areas and around the oval.
   2.2 The sandpit and play equipment area to be a priority for shade structure planning.
   2.3 The further provision of shade areas will appear as a priority on any forward planning documents for the College.

3. Wear appropriate clothing that protects the skin.
   3.1 Students, staff and parents will be expected to wear a broad brimmed hat whenever they are involved in outside activities. Children not wearing an appropriate hat will be expected to play in the shade. It is compulsory that students and staff, on duty outdoors, wear hats at recess and lunch during Terms 1 and 4 and remain in the shade if appropriate head wear is not available.
   3.2 Students will be encouraged to wear shirts with collars and at least elbow length sleeves, longer style shorts/skirts and rash vests or t-shirts for swimming, if using an outside pool.
4. Students will be encouraged to apply a broad-spectrum, water resistant sunscreen with an SPF of 30+ to clean, dry skin, 15-20 minutes before going outdoors for lunch or curriculum activities. Sunscreen should be reapplied every two hours if outdoors for a prolonged period of time (e.g. sports days, excursions, camps), or more frequently if involved in water activities or perspiring.

4.1 Adequate time must be allowed for students to apply sunscreen before going outdoors.

4.2 Parents will be encouraged to supply sunscreen for their children, although there will be bulk sunscreen packs available in all classrooms.

4.3 Sunscreen application will be encouraged before going out to lunch or any outdoor activity between 10am and 3pm.

5. Reinforcing the SunSmart message in all College activities and in general school procedures is an important strategy in the adoption of the skin protection behaviours.

5.1 Staff will be encouraged to routinely role model appropriate SunSmart strategies in all College activities.

5.2 Skin cancer prevention to be included in the curriculum at each year level, where possible. Resource: http://www.cancersa.org.au/aspx/school_zone.aspx.

5.3 Staff will be encouraged to keep up to date with new information and resources through contact with The Cancer Council South Australia.

5.4 Information about the College’s SunSmart Policy will be given to all new staff, students and families.

6. The “St Francis de Sales College Skin Protection Policy” will be reviewed at least every two years, with staff, SRC, OSHC and College Board input.

6.1 Policy issues will be discussed at staff meetings, SRC and College Board.

7. St Francis de Sales College will maintain its accredited SunSmart status by ongoing review and adhere wherever possible to SunSmart guidelines.
### APPENDIX A: IMPLEMENTATION PLAN

<table>
<thead>
<tr>
<th>Policy objective</th>
<th>Implementation strategies for consideration</th>
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| 1. Take particular care if in the sun between the hours of 10am to 3pm, particularly from the beginning of September through to the end of April. Outside of these times, care should also be taken when the UVR level is 3 (moderate) and above. | - Wherever possible, outdoor activities should be held in shaded areas.  
- Classes reschedule outdoor activities to occur before 10am and after 3pm, whenever possible.  
- Scheduling and shade provision should be a specific consideration when planning excursions.  
- Schedule longer recess breaks and shorter lunch breaks. Students get the same break time over the day but are not in the midday sun for as long.  
- Schedule fire drills for early in the morning or late in the afternoon.  
- Schedule sports day during Term 2 or 3, when the UV levels are not as extreme.  
- Split sports days into two half days rather than one full day.  
- Conduct a twilight sports day and encourage more family involvement.  
- Roster classes in the activity room/gym for daily fitness over the middle part of the day.  
- Offer indoor activities for students during the lunch break – consider some activities when planning.  
- Conduct swimming lessons at an indoor pool at any time during the year. |
| 2. Use the shade of trees, pergolas, umbrellas and tents whenever outdoors. | - Tree planting could become an annual family event at the College, with priority given to open spaced grassed areas.  
- The College will endeavour to maximise shade by the provision of shade structures and shade trees. Priority to be given to areas where children play for extended periods of time e.g. sand pit, fixed play equipment.  
- The further provision of shade to appear on all forward planning documents.  
- Have available shade tents and umbrellas for use during PE lessons and sports days.  
- Utilise shade areas around classrooms for student use – e.g. seating.  
- Build seating and tables under trees to provide shade for eating lunches and outdoor classroom |
### Skin Protection Policy and Implementation Strategies

<table>
<thead>
<tr>
<th>3. Wear appropriate clothing, which protects the skin.</th>
<th>4. Apply a broad-spectrum SPF30+ sunscreen to clean, dry skin 15-20 minutes before going outdoors.</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Students, staff and parents will be expected to wear a broad brimmed hat, legionnaire style hat or a bucket hat with a deep crown and a brim of 6cms, whenever they are outdoors. Students not wearing an appropriate hat will be expected to play in the shade and remain in the shade if appropriate headwear is not available.</td>
<td>• The College will provide SPF 30+ broad spectrum sunscreen for use by staff and students.</td>
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<td>• Students and staff will be encouraged to wear shirts with collars and at least elbow length sleeves, and longer style shorts and skirts/dresses.</td>
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<td>• Rash vests or t-shirts are to be worn over bathers for swimming if using an outside pool.</td>
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<td>• Spare hats may be kept at the College for students who forget their own. Consideration needs to be given to how these hats will be cleaned after use.</td>
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<td>• Staff will be expected to role model appropriate hat wearing. Staff may provide their own hats.</td>
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<tr>
<td>• Parents will be advised on enrolment of the requirement to dress students in appropriate sun protective clothing – i.e. shirts with collars and elbow length sleeves, longer style shorts/skirts and dresses.</td>
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<tr>
<td>• Staff will be expected to role model the wearing of appropriate protective clothing when outdoors.</td>
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<td>• Parents will be expected to wear sun protective clothing styles when involved in outdoor College activities.</td>
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<tr>
<td>• Consultation could occur with the SRC on the colour and style of sun protective hats.</td>
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<tr>
<td>• Hats should be worn in Term 1 and Term 4.</td>
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<td>• Use of sunglasses that have an Eye Protection Factor (EPF) rating of 10 and meet the Australian Standards (AS/NZ1067:2003) is encouraged where appropriate, during outdoor activities or during breaks, but are not to be worn inside.</td>
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- Parents/carers will be encouraged to apply sunscreen to children before arriving at College.
- If for some reason a child is unable to wear sunscreen, s/he will be required to cover up with a long sleeved top with a collar and wear an appropriate hat.
- Staff will encourage all students to apply sunscreen before going outdoors for lunch. Students could be encouraged to apply their sunscreen, wash their hands, and then eat their lunch. By the time they go outside the sunscreen would have been absorbed.
- Application of sunscreen is encouraged 15 – 20 minutes before exposure to the sun is necessary for the sunscreen to be effective.
- Sunscreen use will be encouraged before any outdoor activity between 10am and 3pm.

5. Reinforce the SunSmart message in all College activities and procedures.

- Staff will be expected to role model SunSmart behaviours in all outdoor activities.
- Skin protection will be incorporated into the regular teaching program and specific sun protection activities and themes will be applied at appropriate times.
- Sun safety messages will be promoted to staff and parents.
- Posters will be displayed and literature will be available to parents and carers.
- Skin protection will be incorporated into enrolment information, excursion notes and College newsletters.
- Parents will be informed, via notice boards and newsletters of policy reviews.

6. The “St Francis de Sales College Skin Protection Policy” will be evaluated on an ongoing basis.

- Policy issues will be discussed at staff meetings.
- Set a policy review date at least every two years.
- Review the policy using current reference material i.e. information sheets from Cancer Council South Australia, DECS sun protection AIG’s.