



IMMACULATE HEART COLLEGE

Through Mary to Jesus: "The Way, the Truth and the Life"

John 14:6

SUN PROTECTION POLICY

October 2017

This Policy will be reviewed by end February, 2018

SUN PROTECTION POLICY

Rationale

Australia has the highest rate of skin cancer in the world. Over-exposure to the sun during childhood and adolescence is an important contributing factor to the development of skin cancer later in life. As students are at school during times of peak ultraviolet (UV) radiation, schools can play a major role in creating a supportive environment that minimises exposure and encourages sun-protective behaviours.

Our Sun Protection Policy has been adopted to ensure that all students, staff, parents and visitors attending Immaculate Heart College are protected from skin damage caused by UV radiation from the sun. This policy is to be implemented throughout the year, but with particular emphasis from the beginning of September through to the end of May. The sun-protection practices outlined in this policy will be applied to all school activities, including sports carnivals, excursions and camps.

Our Commitment

Immaculate Heart College will:

- Inform parents of this Sun Protection Policy when they enrol their child/children at the College
- Brief all new staff on the Sun Protection Policy
- Promote sun protection via newsletters, assemblies, daily messages, whole-school activities, and parent and staff meetings
- Require students to wear the Immaculate Heart College (IHC) hat when outside
- Direct students without the IHC hat to stay in an area that is protected from the sun
- Require staff to wear broad-brimmed hats for all outdoor activities, including yard duty
- Encourage parents and guests to wear broad-brimmed hats when participating in, and attending outdoor school activities

- Require students to wear the IHC hat, sun-protective clothing and sunscreen for all camps, sports and excursions
- Require staff and students to wear a swim (*rash*) top for swimming (this may not be appropriate during competitive swimming or unnecessary if in indoor swimming pools, such as Ellenbrook Swimming School)
- Ensure there is adequate provision of shade within the school grounds for students and staff, by planting trees and building shade structures, particularly in areas where students congregate; for example, lunch, canteen, outdoor lesson areas, nature-based play areas, etc.
- Encourage staff and students to use shaded or covered areas when outside
- Ensure that adequate shade is provided at sporting carnivals and outdoor events
- Timetable as many outdoor activities as possible, including assemblies, sport and physical education, when the UV index is below 3 (When this is not possible, the College will aim to schedule such activities as far from 12 noon as possible)
- Encourage the use of SPF 30+ broad-spectrum, water-resistant sunscreen by:
 - Listing sunscreen as an item students are required to buy for the school year;
 - Providing sunscreen in the classroom for staff and students, and at Reception for visitors/guests;
 - Allowing students time to apply sunscreen 20 minutes prior to outdoor activities; e.g. prior to school, before lunch, PE lessons, sport, excursions, etc.
- Incorporate sun protection and skin cancer awareness programmes into the appropriate learning areas of the school curriculum
- Review the Sun Protection Policy annually

Our Expectations

Parents/Guardians will:

- Ensure that their child has an Immaculate Heart College hat
- Ensure that the College uniform is worn correctly as it provides adequate protection from UV radiation

- Ensure that their child has access to SPF 30+ broad-spectrum, water-resistant sunscreen before leaving for school
- Act as a positive role model by practising sun-protective behaviour
- Support the College's Sun Protection Policy and contribute to any changes necessary in the Policy

Students will:

- Be aware of the College's Sun Protection Policy
- Take responsibility for their health by practising sun-protective behaviour
- Comply with the College's Sun Protection Policy rules and guidelines by wearing the prescribed hat and clothing
- Apply SPF30+ broad-spectrum, water-resistant sunscreen 20 minutes before going outdoors
- Use shaded or covered areas outdoors
- Act as positive role models for other students in all aspects of sun-protective behaviour
- Be actively involved in initiatives to protect the school community from over-exposure to the sun
- Contribute to any changes necessary in the College's Sun Protection Policy
- Participate in sun protection (SunSmart) education programmes
- Abide by the College's rule; ***No hat? Play in the shade!***

Evaluation

The Principal will review the effectiveness of the Sun Protection Policy each year and make any necessary changes, taking into account input from the College community (staff, students, parents).

The review process will include:

1. Reviewing the sun-protective behaviour of students, staff, parents, and visitors, and making recommendations for improvement;
2. Assessing shade provision and usage, and making recommendations for increases in shade provision; and
3. Updating and promoting curriculum material relevant to sun-protective behaviour and related activities.