McAULEY CATHOLIC CENTRAL SCHOOL

Sun Safe Policy
RATIONALE

Currently in Australia there are two trains of thought regarding sun exposure. On one hand is the well researched and organised argument of sun exposure and on the other is the emerging argument of increasing osteoporosis, due to lack of sunlight.

Skin cancer rates are higher in Australia than anywhere else in the world with skin cancers accounting for around 80% of all new cancers diagnosed each year. The major cause of skin cancer is exposure to the ultraviolet radiation during childhood and adolescence. Even if exposure does not cause obvious sunburn, damage still occurs and accumulates over the years. It is never too late to start protecting your skin.

New research now supports the theory that osteoporosis is increasing and one of the contributing factors is lack of vitamin D. Sun exposure is perhaps the most important source of vitamin D because exposure to sunlight provides most humans with their vitamin D requirement. UV rays from the sun trigger vitamin D synthesis in skin. Seasons, geographic latitude, time of day, cloud cover, smog and sunscreen affect UV rays exposure and vitamin synthesis.

After careful consideration and discussion of the above factors, the McAuley Board and staff support the wearing of hats from 1 September to 30 April to protect the students from the dangers of sun exposure. It was decided that a sensible balance of sun usage and protection should be reflected within this policy.

PURPOSE

To provide the following benefits for students, parents and staff:

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

SUN PROTECTION GUIDELINES

Common sites of skin damage and skin cancer are the neck, ears, temples, lips face and nose. These areas usually receive more UV rays than other body parts. The following strategies are recommended:
HATS

The School hat is compulsory all year round for both secondary and primary students. Year 6 students may only wear a Secondary Campus hat in Term 4 of Year 6, if their hat needs replacing. If a student does not have a hat for play the “No Hat, No Play” rule will be reinforced by the teacher.

The Primary Campus students will have a choice of two styles of hats recommended by the Cancer Council. These styles are:

Legionnaire Hat

![Legionnaire Hat Image]

Broad Brimmed Hat

![Broad Brimmed Hat Image]

The Secondary Campus students will have a choice of two styles of hats recommended by the Cancer Council. These are:

Bucket Hat

![Bucket Hat Image]

Brushed Cotton Hat

![Brushed Cotton Hat Image]
SHADE

Seeking shade where possible in the playground (especially around the middle of the day) will be encouraged by staff on duty. The school will provide portable shade structures for carnivals and special days, where the students will be exposed for extended periods of time during September to April. The shades will also be provided during May to August, when the time exceeds one hour. Regular audits of playground shade and shelter will be carried out through the school’s Registration and Review process.

TIMETABLEING

During terms one and four, timetabling of outdoor activities in teacher programs ensures that activities are completed before 11.00am, wherever possible. UV rays are most intense (between 10am and 3pm) so teachers will avoid these times, wherever possible.

PROTECTIVE CLOTHING

The wearing of protective clothing—lightweight shirts with collars and long sleeves will be encouraged by teachers for swimming and athletic carnivals, where children are exposed to the sunlight for long periods of time.

SUN SCREEN

The application of SPF30+ broad spectrum and water-resistant sun screen will be encouraged by teachers for swimming and athletics carnivals.

EDUCATION

All students will receive instruction in the principles of sun protection during their normal Health curriculum.