



Rockingham Montessori School Incorporated
ABN: 68 115 270 695

POLICY TITLE: Sun Smart Policy

BOARD APPROVAL DATE: November 2021

SIGNED BY CHAIR:

BOARD REVIEW DATE: November 2024

Rationale

Australia has the highest rate of skin cancer in the world. Research indicates that childhood sun exposure is an important contributing factor to the development of skin cancer later in life. As students are at school during times when UV radiation levels are highest, schools play a major role in creating a supportive environment that minimises exposure and encourages sun protective behaviours.

Our SunSmart policy has been adopted to ensure that all students, staff and visitors attending Rockingham Montessori School are protected from skin damage caused by UV radiation from the sun. This policy is to be implemented when the forecast average monthly UV Index in our area is 3 or above (available from www.bom.gov.au). The sun protection practices outlined in this policy will be applied to all school activities, including sports days, excursions and camps.

Duty of Care:

Rockingham Montessori School undertakes steps to ensure that children achieve sun protection whilst in the care of the School. The School acknowledges that it is in a powerful position to influence the attitude of children to sun exposure, and thus develop a lifelong respect for sun-protection and an awareness of the potential hazards of sun exposure. This educational influence extends beyond the children to include their parents/guardians and the wider community.

Objectives

The goals of the SunSmart Policy are to:

- (a) Increase student and community awareness of skin cancer
- (b) Assist students to develop strategies that encourage responsible decision making about skin protection
- (c) Work towards a safe school environment that provides shade for students and staff

- (d) Encourage students, parents, teachers and staff to wear protective clothing, broad-brimmed, legionnaire or bucket style hats and sunscreen during high risk times such as lunch times, sports, excursions and camps
- (e) Ensure that parents are informed of the school's SunSmart policy.

Our Commitment

Rockingham Montessori School will:

- Inform parents of this sun protection policy when they enrol their child/children
- Brief all new staff on the sun protection policy
- Promote sun protection via newsletters, school meetings, daily communication methods, whole school activities, and parent and staff meetings
- Require students to wear broad-brimmed, bucket or legionnaire hats when outside
- Direct students without a broad-brimmed, bucket or legionnaire hat to stay in an area that is protected from the sun
- Require staff to wear broad-brimmed, legionnaire or bucket hats for all outdoor activities, including yard duty
- Encourage parents and guests to wear broad-brimmed, legionnaire or bucket style hats when participating in and attending outdoor school activities
- Require students to wear broad-brimmed or bucket hats, sun protective clothing and sunscreen for all camps, sports and excursions. These items will be listed on the parent permission form
- Require staff and students to wear a swim (*rash*) top for swimming
- Ensure the school's uniform supplier utilise fabric with an ultraviolet sun protection factor – UPF50+ rating. Parents are encouraged to select clothing for their children with an UPF rating.
- 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, outdoor lesson areas
- Encourage staff and students to use shaded or covered areas when outside
- Ensure that adequate shade is provided at sporting and outdoor events
- Timetable as many outdoor activities as possible - including school meetings, sport and physical education – when the UV Index is below 3. When this is not possible activities should be scheduled as far from 12 noon as possible
- Encourage the use of SPF 30+ broad-spectrum, water-resistant sunscreen by:
 - providing sunscreen in the classroom;
 - allowing students time to apply sunscreen 20 minutes prior to outdoor activities e.g. prior to school, before lunch, sports lessons, excursions etc.
- Incorporate sun protection and skin cancer awareness programs into the curriculum

Our Expectations

Parents/carers will:

- Provide a SunSmart hat for your child/children and ensure that they wear it to and from school. Cancer Council WA recommends the following hats:
 - broad-brimmed (7.5 cm brim)
 - legionnaire-style
 - bucket-style (6 cm brim)
- Ensure that your child/children apply SPF 30+ broad-spectrum, water-resistant sunscreen 20 minutes before leaving for school.
- If a child is allergic to sunscreen, provide a medical certificate including exemption from its application.
- Ensure that your child/children's clothing provides adequate protection from UV radiation. Cancer Council WA recommends the following:
 - collars and sleeves
 - closely woven fabric
 - natural fibre
 - rash vest or shirts for swimming.
- Act as positive role models by practising SunSmart behaviour.
- Support the school's SunSmart policy and help design and regularly update the policy.

Students will:

- Be aware of the school's SunSmart policy
- Take responsibility for their health by being SunSmart
- Comply with SunSmart rules and guidelines by wearing suitable hats 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 SunSmart behaviour
- Help design and regularly update the SunSmart policy
- Participate in SunSmart education programs.

REFERENCES AND ACKNOWLEDGEMENTS:

1. Association of Independent Schools, *Sun Protection V2 Guidelines for Schools*.
2. Sun Smart Schools Policy Guidelines.