

#### SCHOOL VISION STATEMENT

Dominican School in partnership with families, is a community which creates opportunities for encountering life to the full - in all its personal, religious, ecological, and cultural richness. Dominican School is a welcoming Christ-centered community bound by the Dominican Charism - VERITAS.

#### RATIONALE

A balance of ultraviolet (UV) radiation exposure is important for health. Too much of the sun's UV radiation can cause sunburn, skin and eye damage and skin cancer. Sun exposure during childhood and adolescence is a critical factor in determining future skin cancer risk.

Too little UV radiation from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health.

Sensible sun protection whenever the UV index is 3 and above helps to minimise the risk of vitamin D deficiency.

#### PURPOSE

The Sun Smart Policy and Procedure document has been developed to:

- Describe Dominican School's approach to minimising exposure to UV radiation at times when there is highest risk of harm.
- Describe procedural requirements related to sun protection.

#### SCOPE

The Sun Smart Policy and Procedure document:

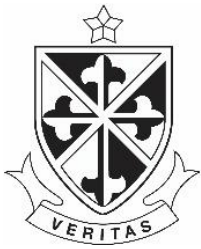
- Has been developed using recommendations for schools from the Cancer Council SA.
- Is for implementation throughout the whole school year.
- Applies to all students, staff, and visitors at Dominican School, including the Out of School Hours Care program.

#### POLICY

Dominican School will put measures in place to protect students and staff from the harmful effects of UV radiation throughout the school year, whilst also considering the importance of Vitamin D.

These measures will include:

- Design of the school day schedule to minimise the time that students and staff are in direct sunlight when UV radiation levels are high.
- Provision of shaded areas
- Setting and communicating clear requirements related to sun protection (e.g., hats, clothing, and sunscreen)



#### PROCEDURE

##### Scheduling to Minimise Risk

UV radiation levels are typically highest between 10am and 3pm. Our school day has been scheduled to minimise the time that students and staff are in direct sunlight during this period, as follows:

- Recess periods will be for 25 minutes and will finish by 11:30am
- Lunch play period will be for 40 minutes with students eating lunch in the classroom 10 minutes prior to going out to play.
- Whenever possible, outdoor activities will be scheduled before 10am and after 2pm, or before 11am and after 3pm daylight saving time.
- On days of 35 degrees or above, students will stay indoors.

##### Shade

- Shaded areas (e.g., pergolas, trees, and tents / marquees) will be utilised for outdoor activities, where practical. This includes for outdoor excursions (e.g., sports events).
- Students are actively encouraged to use available areas of shade for outdoor activities.
- Shade will be considered when planning outdoor activities and excursions.

##### Sun Protection: Hats

- During Terms 1, 3 and 4: Hats are to be worn when students, staff and visitors are outside.
- At all other times (including Term 2): Hats are to be worn when the UV Index is 3 and above.
- The UV Index can be found on Bureau of Meteorology (BOM) website: <http://www.bom.gov.au/sa/forecasts/adelaide.shtml> or on the SunSmart app.
- Hats must give good coverage to the face, neck, and ears, e.g., broad brimmed, legionnaire or bucket style. Baseball caps do not provide adequate protection.
- During Terms 1, 3 and 4 or at other times when the UV Index is above 3, a "no hat, play in the shade" practice will be applied during any outdoor activities.  
Students who do not have hats to wear when required, will be asked to stay indoors, under verandas, or in shaded areas. This applies to: physical education lessons, outdoor recreational activities, outdoor lessons, sport practices, excursions, recess, and lunch.

##### Sun Protection: Clothing

- Students are required to wear the school uniform which offers adequate skin protection from UV Radiation through tops and dresses with collars, and longer style sleeves.
- Students who do not wear appropriate clothing (e.g., on casual clothes days) are asked to stay indoors, under verandas, or in shaded areas.
- Rash tops or t-shirts over bathers are recommended for outdoor swimming activities.

##### Sun Protection: Sunscreen

- During Terms 1, 3 and 4 it is recommended to apply sunscreen as part of the morning routine prior to coming to school to assist with sun protection for the remainder of the day.
- Students are encouraged to bring their own supply of SPF30+ or higher broad-spectrum, water-resistant sunscreen to school.
- Students will be actively encouraged to apply sunscreen 20 minutes before going outdoors and every 2 hours when outdoors, when the UVR is 3 and above.

### Outdoor Events

- A risk assessment will be conducted for each outdoor event e.g., camps, excursions, sporting activities and swimming carnivals. The risk assessment will include consideration of which skin protection measures are required for that event.

### Education and Communication

- Sun protection and skin cancer will be included in the school curriculum and programming across all year levels.
- New staff and families will be informed of the policy and the policy will be reinforced through newsletters, assemblies, displays and other forms of communication.

### Community

- Staff should role model sun smart behaviours by seeking shade and by wearing a hat, clothing that provides sun protection, sunglasses and sunscreen.
- Visitors and parents who are participating in or attending outdoor activities with the school, should also role model sun smart behaviours.
- Staff and parents are encouraged to actively promote the Sun Smart Policy and Procedure. The Dominican School Sun Smart Policy and Procedure will be successful and effective with the support of the whole school community.

### Out of Hours School Care

- Before school care: Sun protection is not required as the UV Index is rarely 3 and above during this time.
- After school care: Hats are required to be worn during Terms 1, 2 and 4, and whenever the UV Index is 3 and above at other times. Staff are encouraged to access the daily local sun protection times to determine if sun protection measures are required during Term 2.

## **RESOURCES AND RELATED POLICIES**

### SunSmart Primary School Policy Guidelines

Implemented	September 2023
Ratified by School Board	September 2023
Last Reviewed	September 2023
Next Review August 2026	September 2026