

*Howayek Blessings Limited trading as*

# **SAINT MAROUN'S COLLEGE**



St Maroun's College policies have a commitment to Maronite Catholic ethos and values and should be read in conjunction with other policies and procedures and with relevant legislation.

## **SUN PROTECTION POLICY**

This policy supersedes all previous policies relating to matters contained herein.

## SUN PROTECTION POLICY

### **Mission**

Inspired by the Maronite Sisters of the Holy Family, we provide high quality learning, nurturing students in their spiritual, academic, physical, and social potential, to serve the needs of the broader community.

### **Vision**

We enable our community to grow in the likeness of Christ, striving for excellence as leaders and advocates, and positively transforming our world.

## *Friendship, Faith, Honesty*

### **Ethos**

The College strives to instil in students the teachings of Jesus.

Emphasis is firstly given to providing a Maronite Catholic foundation through regular prayer, celebration of the Sacraments, commitment to the Word of God, and openness to grace.

Secondly, all are encouraged to see the best in themselves and in one another, as Paul writes, 'Whatever is true, whatever is honourable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things' (Phil 4:8). Emphasises is on treating all with dignity, service, forgiveness, justice, and love.

Thirdly, the College is a community which promotes a sense of family among the Sisters, Board Members, staff, students, parents, and friends.

## **INTRODUCTION**

Australia has the highest rate of skin cancer in the world. Skin cancer, including melanoma and non-melanoma, is the most common cancer in Australia. Exposure to ultraviolet (UV) radiation in childhood is a major risk factor for the development of skin cancer later in life. By implementing a best-practice Sun Protection Policy the College can help protect staff and students from UV radiation and teach children good sun protection habits from an early age to reduce their risk. Sun protection times are a forecast for the time of day UV levels will reach 3 or above. At any level, sun protection is recommended for all skin types. In NSW, UV levels are high enough (UV 3 or above) to damage unprotected skin most months of the year. UV levels are particularly high during the summer months, and highest in the middle of the day.

UV levels and daily sun protection times can be accessed via the SunSmart App or Cancer Council Australia's home page to determine sun protection requirements.

## **POLICY**

St Maroun's College regards sun safety as an important health and protection issue. Staff, parents, students and community members work together to implement the comprehensive set of sun protection strategies recommended by the Cancer Council to reduce the risk of skin cancer in students and staff.

This policy promotes sun smart behaviour by encouraging all staff and students to *Slip, Slop, Slap, Seek and Slide* before going outside for any activity or event regardless of the season.

## 1. SCHEDULING OUTDOOR ACTIVITIES

- St Maroun's College where possible schedules activities outside the peak UV times of 10am – 2pm (11am – 3pm daylight saving time), in the shade or indoors. This includes assemblies, PE lessons and sport.
- When students are on excursions, all sun protection practices are planned, organised, understood and implemented.

## 2. SHADE

- We are committed to providing a variety of shade in all areas where students congregate during recess, lunch, outdoor teaching and sport.
- Students are encouraged to use available shade when outside.
- We conduct shade assessments to monitor existing shade structures and determine future shade needs.
- The availability of shade is considered for all outdoor activities and excursions.

## 3. HATS

- St Maroun's College require all students are to wear the College sun-safe hat to protect the face, neck and ears when outside for play, sport and teaching. Staff conducting sport and on outdoor supervision are asked to set a good example for students and protect themselves by wearing one of the recommended sun-safe hats. This includes a baseball cap or a bucket hat with a deep crown and brim size of at least 5cm (adults 6cm).
- The College implements the "**No Hat, No Play**" rule for all students not wearing a College hat while outside. Students not wearing a hat are required to sit down in the shade for the duration of the break.

## 4. CLOTHING

- Sun Smart clothing is part of the College and sports uniforms which are effective in minimizing exposure to ultraviolet radiation. The College uniform includes loose fitting shirts with collars or covered necklines and sleeves and loose fitting longer style dresses, skirts or shorts and trousers.
- All students are encouraged to wear a rash vest or t-shirt for outdoor swimming.
- Staff are responsible for their own sun protection, therefore, must be appropriately and professionally dressed at all times.
- Parents/Guardians are asked to ensure their child/ren are wearing the College's sun safe hat before leaving home each day.

## 5. SUNSCREEN

- All staff and students are encouraged to apply SPF 30+ (or higher) broad spectrum water-resistant sunscreen.
- All staff and students are encouraged to apply sunscreen 20 minutes before going outdoors for College activities, breaks and events and to reapply every 2 hours when outdoors for extended periods.
- The College encourages parents/guardians to protect their child/ren from the effects of UV radiation by applying sunscreen every morning as part of the daily routine before they leave for school.
- Parents/Guardian are encouraged to purchase and ensure their child/ren carry a small bottle of sunscreen in their school bag so their child/ren can reapply every 2 hours or when required throughout the day.
- The College has sunscreen available for all to use which is SPF30+ (or higher) broad spectrum and water-resistant.

## 6. ROLE MODELLING OF STAFF

Staff act as role models and demonstrate 'SunSmart' behaviours when outside, including:

- Wearing a SunSmart hat, protective clothing and sunglasses (optional).
- Applying SPF30+ (or higher) broad spectrum water resistant sunscreen.
- Consistently implementing across the College, the "No Hat, No Play" rule and ensuring students sit in the shade for the duration of the break. This will encourage all students to bring their hat the following day.
- Discussing sun protection with students and demonstrating a positive and proactive approach to the management of sun protection in the service.

**Sun Protection is everyone's responsibility.** By being role models ourselves and leading the way with our own sun Protection, we can inspire our students to be SunSmart when they step outside.

## 7. CURRICULUM

- Staff include sun Protection principles across Key Learning Areas in all year levels.
- Students understand why sun Protection is important and learn how to take effective sun protection actions.
- Students are provided with opportunities to take leadership roles in managing sun protection e.g. accessing daily UV levels and sun protection times, hat reminders and the management of sunscreen.

## 8. INFORMING THE SCHOOL COMMUNITY

- All parents/families are informed of the Sun Protection Policy including correct sun protection College hat and uniforms.
- St Maroun's College communicates sun protection information through a wide range of multimedia forums such as policy updates and resources, parent portal, newsletters, online, parent meetings, staff meetings, College assemblies and student orientation.
- St Maroun's College encourages families and visitors to role model positive sun protection behaviours when attending the College.

Further information is available from Cancer Council NSW's website [www.sunsmartnsw.com.au](http://www.sunsmartnsw.com.au)

## 9. SUNGLASSES (optional)

Staff and students are encouraged to wear close-fitting wrap-around sunglasses that cover as much of the eye area as possible and comply with Australian Standard AS1067 (Sunglasses: Category 2, 3 or 4).

## 10. SCHOOL HOLIDAY REMINDER

St Maroun's College encourages students and parents/guardians to continue sun protection routines during College holidays by implementing the important **5S's** listed.

1. **Slip** on sun protective clothing that covers as much of your body as possible.
2. **Slop** on SPF 30 + or higher broad spectrum, water resistant sunscreen at least 20 minutes before sun exposure. Reapply every two hours when outdoors or more often if perspiring or swimming.
3. **Slap** on a broad-brimmed hat that shades your face, neck and ears.
4. **Seek** shade.
5. **Slide** on sunglasses.

Younger children would enjoy the message from Sid the Seagull found on the link below; <https://www.sunsmart.com.au/tools/videos/current-tv-campaigns/slip-slop-slap-seek-slide-sid-seagull.html>

## 11. REVIEW

The College community will regularly monitor and review the effectiveness of this Sun Protection Policy by referring to SunSmart recommendations.

Email: [sunsmartschools@nswcc.org.au](mailto:sunsmartschools@nswcc.org.au) Fax: 02 8302 3529 SunSmart Infoline: 02 9334 1761

**RELATED DOCUMENTATION**

Enrolment Policy and Procedure  
Excursion Policy and Procedure  
Staff Code of Conduct Policy

<b>Policy</b>	Excursion Policy
<b>Last reviewed</b>	October 2023
<b>Next review</b>	Term 1, 2024
<b>Reviewed</b>	