Mary MacKillop Memorial School

“This is what God asks of you only this
To act justly,
To love tenderly,
And walk humbly with your God”

Sun Smart Policy
MISSION STATEMENT

At Mary MacKillop Memorial School we, the parents, students and staff are committed to continuing the vision of our founders, Mary MacKillop and Julian Tenison Woods. We value and endeavour to provide an education of excellence and care in a family environment, being accessible to all while upholding the Catholic tradition based on the philosophy “In Omnibus Caritas” … In all things love and kindness.

PREAMBLE

Mary MacKillop Memorial School seeks to work in partnership with parents/caregivers in the educational process of their children, based on the spirit and charism of Mary MacKillop.

An integral part of this process is providing an environment where each community member is recognized as a unique individual with rights and responsibilities.

Our Christian heritage provides the basis for our philosophy and process.

As a school community, we recognize and we acknowledge the great support and co-operation already given and which exists between staff, students and families.

RATIONALE

Australia has the highest incidence of skin cancer in the world with 140,000 new cases and 1,000 deaths recorded each year. (Anti-Cancer Foundation of SA 1996).

There are four factors, often occurring simultaneously, which contribute to these statistics:

1. The population is predominantly fair-skinned.
2. Ultraviolet light from the sun is sufficient intensity to induce skin cancer in this susceptible population.
3. For most of this century social values have supported the belief that a suntan is healthy and attractive.
4. Lifestyle, work, school and recreational habits expose people to the sun for long periods.

Skin damage, including skin cancer is the result of cumulative exposure to the skin. Much of the damage occurs during childhood and adolescence. Research suggests that severe sunburn is a contributor to skin cancer and other forms of skin damage such as wrinkles, sunspots, blemishes and premature aging. Most skin damage and cancer is, therefore, PREVENTABLE.

Our school can reduce the incidence of skin cancer and the number of related deaths by encouraging all members of the school community to take effective skin protection measures.
AIMS
The aims of the Mary MacKillop Memorial School Sun Smart Policy are to promote among children, staff and parents/caregivers:

- Positive attitudes towards skin protection.
  - Lifestyle practices, which can help reduce the incidence of skin cancer and the number of related deaths.
- Personal responsibility for decision making about skin protection.
  - Awareness of the need for environmental changes in schools to reduce the level of exposure to the sun.

IMPLEMENTATION
Although the South East, South Australia, has lower temperatures than other parts of the state precautionary measures need to be in place this policy is for implementation throughout the whole year.

The purpose of the policy is to ensure that all members of our school community are protected from the skin damage caused by harmful ultraviolet rays of the sun.

1. Avoid being in direct sunlight between the hours of 10am and 2pm if at all possible, (11am and 3pm daylight saving time).
   a) In cases where temperatures reach and exceed 36°C during recess and lunch periods children will have play in shaded/veranda play.
   b) Whenever possible outside activities will be scheduled before 10am and after 2pm (11am and 3pm daylight saving time), conducted indoors or in the shaded areas of the school, if practical.
   c) Sports days will be held in one of the cooler terms, i.e. term 2.
   d) In cases where temperatures reach and exceed 36°C the library will be open for lunchtime periods.

2. Use of shaded areas when outdoors.
   a) Encourage children to play in the lunch shed and to make use of any shade provided by trees/shrubs during playtimes.
   b) Staff are encouraged to use an umbrella to shade from the sun during playground supervision.

3. Wear appropriate clothing which protects the skin.
   a) Children are expected to wear a broad brimmed style hat whenever involved in outside school activities. Children not wearing hats will not play but sit in lunch shed.
   b) Children to wear hats whenever leaving class room.
   c) Children are encouraged to wear Cancer Council sun glasses.
d) Adults will also be asked to wear similar protection. Umbrellas can be used to replace wearing of hat.

e) Staff are encouraged to wear sun glasses during playground supervision.

4. Apply 30+ broad spectrum sunscreen, to clean dry skin, 10 – 15 minutes before going outdoors. Reapply every two hours if outdoors for a prolonged period of time.
   a) During terms 1 and 4 children should be encouraged to apply sunscreen before school and then again 15 minutes before going out to lunch.
   b) Children are encouraged to apply and supply their own sunscreen, although there will be containers in each classroom.

5. Reinforcing the Sun Smart policy in classroom activities and in general school procedures are important strategies in the adoption of skin protection behaviours.
   a) Staff will be encouraged to role model appropriate Sun Smart strategies in all school activities.
   b) Staff will be kept up to date with information and resources through the Anti-Cancer Foundations’ materials.

5. The Mary MacKillop Memorial School Sun Smart policy will be evaluated on an ongoing basis and discussed at staff, SRC and parent/caregiver meetings.

Implementation 2004

Reviewed & Ratified by Mary MacKillop Memorial School Board on 27/07/08

Policy Review Date 2011