



The Montessori School Kingsley Inc.



SUN PROTECTION POLICY



1. VERSION MANAGEMENT

Version	Date Published/Reviewed	Changes	Author	Date Ratified by School Board
1	January 2019	Separate Policy Created – Previously Part of Child Safety Policy	Principal	January 2019
2	February 2024	Review and Benchmark	Health and Safety Representative	25 November 2024

2. INTENT

The Montessori School Kingsley is committed to providing a safe environment for all community members by addressing risks associated with sun exposure. Recognised as a 'Sun Smart' school by the Cancer Council WA, our primary objective is to reduce ultraviolet (UV) exposure to safeguard the wellbeing of students, staff, and visitors.

3. ORGANISATIONAL SCOPE

This policy applies to all members of the School community, including students, staff, parents, and visitors.

The Policy must be reviewed every three years.

4. DEFINITIONS

TERM	DEFINITION
Broad-Spectrum Sunscreen	Sunscreen that provides protection against both UVA and UVB rays, offering comprehensive coverage against different wavelengths of UV radiation.
Heat-Related Illness	Conditions such as heat exhaustion or heatstroke caused by prolonged exposure to high temperatures, often exacerbated by inadequate hydration and sun exposure.
Lightning Safety	Guidelines to protect against lightning strikes, including seeking indoor shelter.
Peak UV Radiation Periods	Specific times of the day when UV radiation levels are highest, typically during late morning to early afternoon.
Principal	The School's Principal or any of the Co-Principals, as the case may be relevant at the time.
School	The Montessori School Kingsley.
Shade Structure	A designated area with structures like shade sails, pergolas, or other sun-shielding installations to provide protection from direct sunlight.
Skin Cancer	A type of cancer that originates in the skin cells, often associated with prolonged exposure to UV radiation.
Sun Protection Equipment	Items such as hats, sunglasses, and clothing designed to reduce UV exposure and protect individuals from the harmful effects of the sun.
Sun Smart School	A designation from organisations like the Cancer Council, indicating that a school actively promotes and implements sun protection measures to minimise UV exposure for students and staff.
Sunburn	Skin damage caused by overexposure to UV radiation, resulting in redness, pain, and sometimes blistering of the affected area.

Sunscreen	A topical product applied to the skin to absorb or reflect UV radiation, protecting the skin from sunburn and reducing the risk of skin damage.
Ultraviolet (UV)	<p>A type of electromagnetic radiation that comes from the sun. It is not visible to the human eye.</p> <p>Exposure to UV radiation from the sun can have both positive and negative effects. While it helps the skin produce vitamin D, overexposure can lead to sunburn, premature aging, and an increased risk of skin cancer.</p>
Ultraviolet Protection Factor (UPF)	A rating system that measures the effectiveness of fabrics and clothing in blocking UV radiation. Higher UPF values indicate better sun protection.
UV Forecast	A prediction of the expected UV radiation levels for a specific location and time, guiding decisions on sun protection measures.
UV Index	A numerical scale that represents the intensity of ultraviolet (UV) radiation from the sun. The UV index helps in assessing the potential harm to the skin and eyes, with higher values indicating increased risk.
Workers	<p>A person is a worker if the person carries out work in any capacity for the School, including work as:</p> <ul style="list-style-type: none">a) an employee;b) a contractor or subcontractor;c) an employee of a contractor or subcontractor;d) an employee of a labour hire company who has been assigned to work in the person's business or undertaking;e) an apprentice or trainee;f) a student gaining work experience; org) a volunteer.

5. POLICY CONTENT

5.1 No Hat, No Play Policy

In our commitment to fostering a SunSmart environment and prioritising the health and safety of our school community, we enforce the "No Hat, No Play" policy during outdoor activities.

In the Montessori tradition, this approach is not about punishment but about helping students understand the natural link between sun safety and their health. When students forget their hats, it becomes an opportunity to reflect on the importance of sun protection and to encourage self-care and responsibility.

5.2 Preventing Skin Cancer

Australia has one of the world's highest rates of skin cancer. Most non-melanoma skin cancers (99%) and melanomas (95%) are due to UV radiation. Sun-protective behaviours during childhood can prevent over 75% of skin cancers. The School environment promotes positive behaviours and lifelong sun protection practices.

5.3 Ultraviolet Radiation

Ultraviolet (UV) radiation poses a threat by damaging the DNA in skin cells, leading to premature aging and an increased risk of developing skin cancer. UV levels peak in the middle of the day when the sun is directly overhead. Notably, UV radiation is invisible and cannot be sensed, differing from infra-red radiation (heat). Therefore, UV levels are not directly correlated with temperature.

UV radiation has shorter wavelengths than visible light, and it is divided into three main types: UVA, UVB, and UVC.

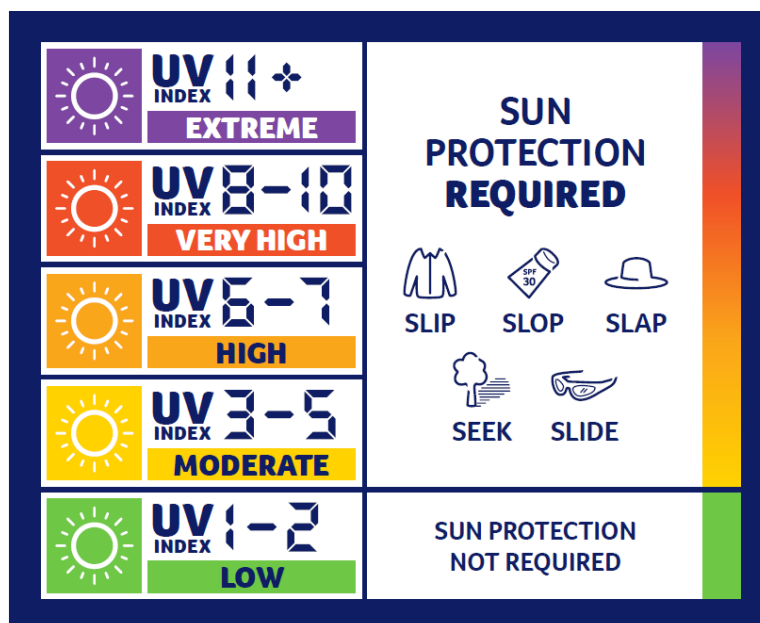
- UVA (Ultraviolet A): UVA has the longest wavelength among the three types of UV radiation. It can penetrate the skin more deeply and is associated with skin aging.
- UVB (Ultraviolet B): UVB has shorter wavelengths and affects the outer layer of the skin. It is the primary cause of sunburn and is also linked to the development of skin cancer.
- UVC (Ultraviolet C): UVC has the shortest wavelengths and is mostly absorbed by the Earth's atmosphere. It is not a significant concern for human health.

5.4 Educational Initiatives

Sun safety is integrated into the School's daily routines and expectations. Regular discussions and educational sessions are provided at the class level to reinforce these practices.

5.5 UV Index Guidelines

The UV Index serves as an indicator of the strength of UV radiation reaching the ground. A UV level of 3 is considered high enough to cause damage to unprotected skin. Consequently, it is crucial to initiate protective measures when the UV level reaches 3 and above. The higher the UV Index value, the greater the potential for skin damage (Refer to Figure 1).



5.6 Role Modelling

All school community members are expected to model and enforce sun safety and weather-related protocols behaviours, including:

- Sun
 - Wearing sun protective clothing and hats.
 - Applying SPF30 or higher sunscreen.
 - Using and promoting shade.
 - Wearing light clothing, staying hydrated, and using shade or air conditioning.

5.7 Sun Smart School Membership

The School is proud to be a SunSmart School, a designation from the Council WA, reflecting our commitment to actively promoting and implementing sun protection measures to minimise UV exposure for students and staff.

To maintain our SunSmart membership, we are required to review and update our UV Sun Protection Policy and Sun Protection Procedures every three years. Once these documents have been reviewed, on a triennial basis, the Health and Safety Representative will reapply for the designation with Cancer Council WA.

6. ACCOUNTABILITIES AND RESPONSIBILITIES

In relation to this policy, the following positions are responsible for:

ROLE	RESPONSIBILITY
Co-Principals	Responsible for ensuring that the requirements of this Policy are implemented, monitored, and reviewed.
Parents	<ul style="list-style-type: none">• Review the Sun Protection Policy and Sun Protection Procedures to understand the guidelines and expectations.• Support the School's efforts by discussing the importance of these policies with their children.• Ensure their children are prepared for school with appropriate sun protection and clothing.• Communicate with the School regarding any concerns or questions about the policies.
Policy Owner	The Policy Owner, the Co-Principals, has overall responsibility for the content of this Policy and its operation in the School.
Students	<ul style="list-style-type: none">• Understand the key points of the Sun Protection Policy and Procedures.• Participate actively in discussions and activities related to the policy.• Follow the guidelines set forth by the policy during school activities.
Teachers	<ul style="list-style-type: none">• Familiarise themselves with the Sun Protection Policy and Sun Protection Procedures.• Ensure the policy is implemented effectively and consistently across all activities.• Educate students about the importance and content of the policy.• Communicate any updates or changes in policy to students and parents.

7. RELATED DOCUMENTS

7.1 Policies that are relevant to the operation of this policy are as follows:

- Child Protection and Safety Policy
- Duty of Care Policy
- Excursion and Incursion Policy

7.2 Procedures that are relevant to the operation of this policy are as follows:

- Child Protection and Safety Procedures
- Duty of Care Procedures
- Excursion and Incursion Procedures
- Sun Protection Procedures

7.3 Internal documents that are relevant to the operation of this policy are as follows:

- Community Code of Conduct
- Staff Code of Conduct
- Student Code of Conduct

7.4 External documents that are relevant to the operation of this policy are as follows:

- Cancer Council WA: Best Practice Guidelines for Western Australian Schools