



Sun Protection Policy

Rationale:

Australia has the highest incidence of skin cancer in the world, with 2 out of 3 people developing some form of skin cancer in their lifetime.

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

1. The population is predominantly fair- skinned.
2. Ultra violet light from the sun is of sufficient intensity to induce skin cancer in this susceptible population.
3. Social values in the past 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 sun. 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 skin cancer is, therefore, preventable.

Schools are ideally placed to help reduce the incidence of skin cancer and the number of related deaths by encouraging all members of the school community to use effective skin protection measures.

Aims:

To promote among students, staff and parents:

- ✿ Positive attitudes towards skin protection
- ✿ Lifestyle practices to help reduce the incidence of skin cancer and the number of related deaths
- ✿ Personal responsibility for and decision making about skin protection
- ✿ Awareness of the needs for environmental changes to our school to reduce the level of exposure to the sun and appropriate development initiated



Implementation

This policy is for implementation throughout the year.

- ✿ On days where the temperature is 36 C or greater at 1.00pm then a double bell at 1.45pm will indicate the children will not be allowed out to play at lunchtime.
- ✿ Students will need to protect their skin when UV reading is 3 or above.
- ✿ Wherever possible outdoor activities will be scheduled before 10am or after 3pm, held in shaded areas or in the YMCA.

Skin Protection Strategies

Students are expected to:

- ✿ Wear a Cancer Council approved school bucket/ broad brimmed/ legionnaire hat whenever they are outside i.e. at recess, lunch, sport activities or excursions.
- ✿ Wear shirts with collar and elbow length sleeves and longer style shorts/skirts.
- ✿ Remain in designated area protected from the sun if they do not wear their hats.
- ✿ Use available areas of shade for outdoor activities.
- ✿ Have a sound understanding of skin cancer prevention through educational programs incorporated within the curriculum.
- ✿ Be encouraged to wear sunglasses and supply their own SPF 30+ sunscreen.

Staff are expected to:

- ✿ Act as positive role models by using SPF 30+ sunscreen, wearing a broad brimmed, legionnaire or a bucket hat while involved in outdoor activities.
- ✿ Use individual discretion when scheduling outdoor activities.
- ✿ Incorporate programs on skin cancer prevention in their curriculum.
- ✿ Regularly reinforce Craigmore South School Skin Protection Policy in a positive way through newsletters, student and teacher activities.
- ✿ Have access to classroom SPF 30+ sunscreen and allow adequate time for students to apply SPF 30+ sunscreen (ideally 20mins) and supervise when necessary giving student time to reapply every 2 hours.
- ✿ Encourage adults working at the school to wear broad brimmed, legionnaire or a bucket style hat.
- ✿ Inform parents of the skin protection policy when enrolling their child/ren at Craigmore South Primary School.

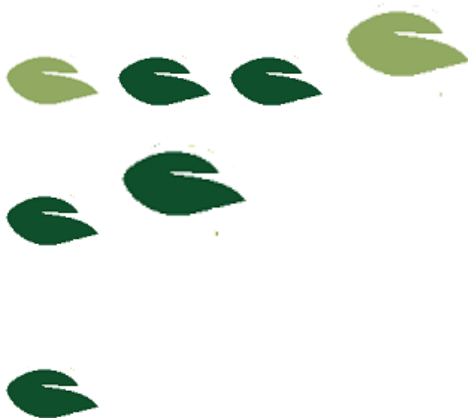


Parents/Caregivers will:

- ✿ Provide a school approved hat for their child/ren use
- ✿ Provide child with school uniformed shirts with collar and elbow length sleeves and longer style shorts/skirts.
- ✿ Be encouraged to provide SPF 30+ sunscreen for their child/ren use
- ✿ Be encouraged to act as positive role models by using SPF 30+ sunscreen, wearing protective hats and sunglasses

Our school community is committed to:

- ✿ Working towards providing more shelters and appropriate shade trees within the school environment.
- ✿ Actively promoting and role modeling the Skin Protection Policy.
- ✿ Ensuring all students wear a Cancer Council approved broad brimmed, legionnaire or a bucket style (with a brim width of at least 6cms) hat whenever they are outside i.e. at recess, lunch, sport activities, excursions.
- ✿ Maintaining the Department for Education sun smart policy.



School Values

Respect – Collaboration – Integrity – Diversity Responsibility