



## SUNSMART PROCEDURES

### IMPLEMENTATION

Australia has the highest incidence of skin cancer in the world with 140,000 new cases and 1,000 deaths recorded each year.

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

1. The population is predominately fair skinned
2. Ultraviolet light from the sun is of sufficient intensity to induce skin cancer in this susceptible population
3. For most of this century social value 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 results 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 ageing. Most skin damage and skin cancer is, therefore, preventable. Truro Primary School can help 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 SunSmart Policy are to promote among students, staff and parents:

- 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 and decision making about skin protection
- Awareness of the need for environmental changes in schools to reduce the level of exposure to the sun
- The procedures for extreme hot weather

## **IMPLEMENTATION STRATEGIES FOR SKIN PROTECTION**

This policy is for implementation throughout the year.

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

### **1. As part of general skin protection strategies:**

- Children should wear a school wide brimmed or bucket hats, which protect the face, neck and ears whenever they are outside e.g. sport, sports days, outdoor excursions, outdoor activities, recess and lunch from 1 September to the 30 April. Care should also be taken when UV reaches 3 and above at other times.
- Children who do not wear their hats in the school grounds, between 8.45am and 3.30pm will sit under the shade of the sheltered area.
- Children will be encouraged to use available areas of shade for outdoor play activities.
- Children will be encouraged to apply a SPF 30+ or above broad spectrum water resistant sunscreen for skin protection.
- Children will be encouraged to wear clothing that offers their skin good protection i.e. shirts with collars, sleeves that are elbow length, longer styled shorts and skirts
- Children will wear a 'top' and sunscreen when swimming outdoors
- Teachers will schedule outdoor activities before 10.00am and after 2.00pm (11.00am and 3.00pm daylight saving time) wherever possible.
- Staff will be encouraged to act as role models by practising SunSmart behaviour –
  - Wearing protective hats that cover face, neck and ears and appropriate clothing for all outdoor activities
  - Using a SPF 30+ or above broad spectrum water resistant sunscreen for skin protection
  - Seeking shade whenever possible

### **2. Our school will:**

- Provide shelters and shade trees
- Have available for sale as part of the school uniform appropriate wide brimmed and bucket hats
- Provide SPF 30+ or above broad spectrum, water resistant sunscreen for staff and students use when needed and will ensure product is in date
- Monitor students medical records for any allergic reactions students may have to the chemicals within sunscreens used
- Incorporate programs in skin cancer prevention in its curriculum
- Reinforce regularly the SunSmart Policy in a positive way through newsletters, parent meetings and student and teacher activities
- Allow water in drink bottles during class time and encourage students to hydrate regularly
- Encourage students to put lunches in the fridge in warm weather



## **IMPLEMENTATION STRATEGIES FOR SKIN PROTECTION cont'd**

### **3. When enrolling a child, parents will be:**

- Informed of the SunSmart Policy.
- Informed that new students are required to wear a school wide brimmed or bucket hat
- Encouraged to provide SPF 30+ or above broad spectrum, water resistant sunscreen if their child is allergic to the sunscreen that is being provided by the school
- Encouraged to practise skin protective behaviour themselves
- Encouraged to support the school's health and safety messages

### **4. Extreme hot weather:**

Extreme hot weather days are when the temperature is 38 degrees or higher.

On extreme hot weather days:

- Classrooms and/or the gym will be open and supervised for students to use at lunch time. All students will remain inside during this time.
- Lessons are modified accordingly.
- We have air-conditioning that keeps students cool and fridges in each classroom to ensure safe food storage.

