



Lyndoch Primary School

Sun Smart Policy

Rationale

Every year, in Australia:

- skin cancers account for around 80% of all newly diagnosed cancers
- between 95% and 99% of skin cancers are caused by exposure to the sun
- the incidence of skin cancer is one of the highest in the world
- two in three Australians will be diagnosed with skin cancer by the time they are 70.

(from the Cancer Council Australia Dec, 2014)

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

1. Ultraviolet light from the sun is of sufficient intensity to induce skin cancer in South Australia for most of the year.
2. For many years, social values have supported the belief that a suntan is healthy and attractive.
3. Lifestyle, work, school and recreational habits expose people to the sun for long periods.
4. Sun exposure is the cause of most skin cancer. Less than 5% of all melanomas can be explained by an inherited gene. (from the Sunsmart website)

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 sun exposure and 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

The aims of the Lyndoch School Sun Smart 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.

Implementation

This policy is for implementation during during Term 1, Term 3 and Term 4. If there is an all-day outdoor activity in May, staff and students are to check the UV and implement sun protection when the UV is 3 and above.

Sun protection during before school care is not necessary as the UV is rarely above 2 during this time.

Sun protection during after school care is recommended during terms 1 and 4 only, due to the unique times of the day that after school care operates. This allows the opportunity for students and staff to receive safe sun exposure for vitamin D.

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

All members of the school community will be strongly encouraged to use the following skin protection strategies:

1. Take care when outdoors during the peak UV times of the day in terms 1, 3 and 4.

- 1.1. Lunch period will be 30 minutes with students eating lunch in the classroom for 10 minutes prior to going outside.
 - 1.2. Whenever possible, avoid outdoor activities will be rescheduled outside of the peak UV times of the day. All outdoor activities will be conducted indoors or in the shaded areas of the school, if practical.
 - 1.3. School assemblies will be held in the hall.
 - 1.4. The swimming lessons will be at a covered venue.
 - 1.5. Sports Day will be held after April and before October
 - 1.6. To help maintain vitamin D, sun protection measures are not used when UV levels are below 3 in term 2.
2. Use the shade of trees, pergolas, umbrellas and tents whenever outdoors.
 - 2.1. That we use shade structures during outdoor activities.
 - 2.2. The further provision of shade areas will appear as a priority on any forward planning documents for the school.
3. Wear appropriate clothing which protects the skin (keep a hat at school all year).
 - 3.1. Students, staff and parents will be expected to wear a broad brimmed or approved bucket hat whenever involved in outside school activities during Term 1, Term 3 and Term 4. Students not wearing a hat will be asked to move to a shaded area of the school.
 - 3.2. Students will be encouraged to wear dress code clothing – e.g. shirts with collars and sleeves and longer style shorts and skirts.
 - 3.3. Students attending Vacation Care programmes at the school will be instructed to wear clothing that protects the skin (no singlet or midriff tops) and appropriate hats (no baseball caps or sun visors) during the school holidays that fall between the 1 August and 30 April. Parents are to be advised of this prior to the programme commencing.
 4. Students are actively encouraged to apply a broad spectrum sunscreen with a SPF of at least 30+ to clean, dry skin, 20 minutes before going outdoors. Reapply sunscreen every two hours when outdoors, or more frequently if swimming or perspiring.
 - 4.1. When the UV is 3 and above in terms 1, 3 and 4 students will be instructed to apply sunscreen before school in the morning and again 15 minutes before going out to lunch. Students will be instructed to reapply sunscreen if they are involved in outdoor activities after 11am. Adequate time must be allowed for students to do this.
 - 4.2. Students will be encouraged to supply their own sunscreen, although there will be containers available in each classroom.
 5. Reinforcing the Sun Smart message in classroom activities and in general school procedures are important strategies in the adoption of the skin protection behaviours.
 - 5.1. Staff will be encouraged and parents are encouraged to role model appropriate Sun Smart strategies when involved in outdoor school activities.
 - 5.2. Skin cancer prevention will be included in all classroom curriculums.
 - 5.3. Staff will be kept up to date with information and resources through the Cancer Council of South Australia "Cancer Prevention and Education Primary/Secondary Schools Newsletter", and by regular contact with the CCSA Resource Centre.
 - 5.4. Information about the school's Sun Smart Policy will be given to all new staff, students and families.
 6. The Lyndoch Primary School Sun Smart policy will be evaluated on an ongoing basis.
 - 6.1. Policy issues will be discussed at staff, SRC, OSHC and parent meetings.