



LYNDOCH PRIMARY SCHOOL

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Government
of South Australia

Department for Education

Principal: Melissa Babic (acting)

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 Primary School Sun Smart Policy are to promote among students, staff and parents/carers:

- 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 all outdoor activities.
- School
 - Hats are compulsory all year round when outside.
- Before School Care
 - Sun protection during before school care is not necessary as the UV rating is rarely 3 or above during this time.
- After School Care
 - Hats are compulsory all year round when outside.
- Vacation Care
 - Hats are compulsory all year round when outside.

Purpose

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. Care is taken during the peak UV rating times of the day and outdoor activities are rescheduled outside of these times where possible, conducted in the shaded areas of the school, or indoors if practical.
 - 1.1. Lunch play period will be 30 minutes with students eating lunch under designated shelters for 10 minutes prior.
 - 1.2. Whole School Meetings will be held in the gym.
 - 1.3. The swimming lessons will be at a covered venue.
 - 1.4. Sports Day will be held after April and before October.
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 activities. Students not wearing a hat or appropriate clothing will be asked to move to a shaded area of the school.
 - 3.2. Students are required to wear school dress code clothing - e.g. shirts with collars and longer/elbow-length sleeves and longer style shorts and skirts.
 - 3.3. Students attending Vacation Care programmes at the school will be instructed to wear appropriate clothing that protects as much skin as possible (no singlet or midriff tops) and appropriate hats (no baseball caps or sun visors) for all outdoor activities when the UV rating is 3 or above.
 - 3.4. Appropriate clothing includes tops with collars or higher necklines and longer/elbow length sleeves, longer style dresses, skirts and shorts, and rash tops or t-shirts for outdoor swimming. 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 or higher 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 rating is 3 and above students will be instructed to apply sunscreen before school in the morning and again 20 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 and OSHC procedures are important strategies in the adoption of the skin protection behaviours.
 - 5.1. For Work Health and Safety and role modelling, staff will be required to practice SunSmart behaviours including wearing sun protective clothing, sunscreen, appropriate hats and sunglasses and seek shade when outdoors. Visitors 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 for all year levels.
 - 5.3. Staff will be kept up to date with information and resources through the Cancer Council South Australia quarterly " SunSmart Newsletter," SunSmart website- sunsmart.org.au and contact with Cancer Council staff as required.
 - 5.4. The school's Sun Smart Policy will be available on the school's web page.
6. The Lyndoch Primary School Sun Smart policy will be evaluated on an ongoing basis.
 - 6.1. Policy issues will be discussed at staff, Wellbeing Committee, OSHC/Vacation Care and Governing Council.

Previous Issue Date: Term 1 2017

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