



# Coomandook Area School

"Striving To Make The Difference"

## SUNSMART POLICY

### **Rationale**

Australia has the highest incidence of skin cancer in the world with 140000 new cases and 1000 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 the most of this century social values 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 and skin cancer is, therefore, preventable.

Schools 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 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

### **IMPLEMENTAION STRATEGIES FOR SKIN PROTECTION**

This policy is for implementation through the year with particular emphasis in Terms 1 and 4.

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

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

- 1.1 increase, where possible, the amount of shade within the school grounds by building pergolas and shelters and planting trees
- 1.2 incorporate in the school curriculum all appropriate educational programs which focus on skin cancer prevention
- 1.3 encourage positive role-modelling of the Sun Smart behaviour by all teachers and ancillary staff
- 1.4 seek ongoing support from parents and the community for the Sun Smart Policy and its implementation
- 1.5 encourage all students to wear hats which protect the face, neck and ears; shirts with collars and sleeves; and SPR 30+ broad spectrum water resistant sunscreen when exposed to the sun
- 1.6 students without adequate protection will use shaded or covered areas at recess and lunch times
- 1.7 request all staff and students to adequately protect themselves from the sun when involved in excursions and other outdoor activities



- 1.8 timetable as many outdoor activities as possible, before 10.00am and after 2.00pm (11.00am and 3.00pm daylight saving time)
  - 1.9 timetable outdoor assemblies before 10.00am and after 2.00pm (11.00am and 3.00pm daylight saving time)
  - 1.10 encourage students to be actively involved in initiatives to protect the school population from excessive exposure to the sun
  - 1.11 offer a variety of hats for sale through the front office
2. **As part of the Physical Education Program the school will:**
- 2.1 Encourage students and staff to
    - wear hats that shade the face, neck and ears
    - wear shirts with sleeves and collars that are made from closely woven natural fibre
    - apply SPF 30+, broad spectrum, water resistant sunscreen
  - 2.2 Where possible, schedule lengthy outdoor activities outside the hours of 10.00am to 2.00pm (11.00am to 3.00pm daylight saving time)
3. **As part of the Health Education program the school will:**
- 3.1 involve the students in a variety of learning activities to develop the knowledge, attitudes and skills pertinent to skin protection
4. **The school Sport Program will, where possible, in addition to those strategies mentioned under Physical Education, provide:**
- 4.1 a variety of sports which can be played at indoor venues
  - 4.2 shade and shelter at outdoor sporting functions particularly if held between 10.00am and 2.00pm (11.00am and 3.00pm daylight saving time)

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