SUN SMART POLICY

School Board Policy Number Sixteen
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Philosophical Basis

More than 440,000 Australians are diagnosed with skin cancer every year. (The Cancer Council of South Australia 2010)).

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

1. The population is predominantly fair-skinned.
2. Ultraviolet light from the sun is sufficient intensity to induce skin cancer in this susceptible population.
3. For 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 skin. 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 cancer is, therefore, PREVENTABLE.

Our school can 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.

The aims of our SunSmart Policy is to promote among children, staff and parents/caregivers:

- 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 decision making about skin protection.
- Awareness of the need for environmental changes in schools to reduce the level of exposure to the sun.

Mandatory Provisions

This policy is for implementation throughout the whole year.

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

1. Avoid being in direct sunlight from the beginning of September until the end of April between 10am and 3pm and when the UV is 3 and above, outside of these times.
   a) In cases where temperatures reach and exceed 36°C children will have inside play during lunch periods and shaded/verandah play during recess.
   b) Whenever possible, outside activities will be:
      - scheduled before 10am and after 3pm from the beginning of September until the end of April and when the UV is 3 and above, outside of these times,
      - conducted indoors or in the shaded areas of the school, if practical.
   c) Sports days will be held in one of the cooler terms, ie term 2.
   d) The library will be open for lunchtime periods.

2. Use of shaded areas when outdoors.
   a) Encourage children to play in shaded areas of verandahs/sailed areas and to make use of any shade provided by tress/shrubs during playtimes.
   b) Make use of umbrellas during yard duties and/or excursions.

3. Wear appropriate clothing which protects the skin.
   a) Children are expected to wear a broad brimmed hat whenever involved in outside school activities. Children not wearing hats will be asked to sit under the quadrangle verandahs.
   b) Children to wear hats whenever leaving class room for extended periods.
   c) Adults will also be asked to wear similar protection. Umbrellas can be used to replace wearing of hat.
   d) Students are also expected to wear shirts with collars and sleeves and longer style shorts/skirts.

4. Apply 30+ broad spectrum sunscreen, to clean dry skin, 10 – 15 minutes before going outdoors. Reapply every two hours if outdoors for a prolonged period of time.
   a) During terms 1 and 4 children should be encouraged to apply sunscreen before school and then again 15 minutes before going out to lunch.
b) Children are encouraged to supply and apply their own sunscreen.
c) 30+ broad spectrum sunscreen is supplied by the school for staff use.

5. Reinforcing the SunSmart Policy in classroom activities and in general school procedures are important strategies in the adoption of skin protection behaviours.
   a) Staff will be encouraged to role model appropriate SunSmart strategies in all school activities.
   b) Staff will be kept up to date with information and resources through The Cancer Council of South Australia’s materials.

Basis of Discretion

Recent information from Cancer Council of SA highlights the need for small controlled exposure to sunlight to support the acquisition of vitamin D. Until further research supports these findings, we will continue to adopt a year round hat policy.

Resources

- Be SunSmart
- Cancer Council of SA

Evaluation

It is expected that the SunSmart Policy will be reviewed on a regular basis.

It is anticipated that this will occur every four years.