



2022

Reviewed Jan 2022

Mackay North State School



Sun Safe Policy

RATIONALE

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 predominantly fair-skinned.*
2. *Ultraviolet light from the sun is of sufficient intensity to induce skin cancer in this susceptible population.*
3. *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 such as wrinkles, sunspots, blemishes and premature ageing. Most skin damage and skin cancer is, therefore, preventable.

Primary 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.

OUTCOMES

1. Positive attitudes towards skin protection.
2. Lifestyle practices which can help reduce the incidence of skin cancer and the number of related deaths.
3. Personal responsibility for and decision-making about skin protection.
4. Awareness of the need for environmental changes in schools to reduce the level of exposure to the sun.

IMPLEMENTATION

This policy is for implementation throughout the year with particular emphasis in Terms 1 & 4. The purpose of the policy is to ensure that all students attending our school are protected from skin damage caused by the harmful ultraviolet rays of the sun.

- 1.1 Students will be encouraged to wear hats which protect the face, neck and ears whenever they are outside e.g. sport, sports carnivals, outdoor excursions and activities.
- 1.2 Students who do not have their hats with them will sit in a designated area protected from the sun. **"NO HAT – NO PLAY"**
- 1.3 Students will be encouraged to bring to school and to wear SPF30+, broad spectrum, water resistant sunscreen for skin protection.
- 1.4 Students will be encouraged to wear eye protection (sunglasses) while outdoors.

- 1.5 Students will be encouraged to use available areas of shade for outdoor play activities.
- 1.6 Outdoor activities will be held in areas of shade whenever possible.
- 1.7 Teachers will schedule outdoor activities before 10am and after 2pm whenever possible.
- 1.8 Staff will be encouraged to act as role models by practising Sun Safe behaviour:
 - wearing protective hats and appropriate clothing for all outdoor activities
 - using a SPF30+, broad-spectrum, water-resistant sunscreen for skin protection
 - seeking shade whenever possible

2. Our school will:

- 2.1 Ensure that a school hat with a wide brim is available for purchase.
- 2.2 Ensure that adequate shade is provided at sporting carnivals and outdoor events.
- 2.3 Provide shelters and shade trees.
- 2.4 Incorporate Sun Smart education into the school curriculum; this will be completed during health lessons conducted by both the classroom teacher and the Health and Physical Education Specialist. These lessons will be conducted to all year levels from Prep to Year 6.
- 2.5 Reinforce regularly the Sun Safe Policy in a positive way through newsletters, parent meetings, student and teacher activities.
- 2.6 This policy will be reviewed at the beginning of each school year by the staff of the school.

3. When enrolling a child, parents will be:

- 3.1 Informed of the Sun Safe Policy.
- 3.2 Requested to purchase a school hat for their child's use.
- 3.3 Encouraged to administer SPF 30+, broad-spectrum, water-resistant sunscreen to their child's before coming to school and supply for reapplication during the day.
- 3.4 Encouraged to practise skin-protective behaviour themselves.