

## **SunSmart Policy**

(Review Date – February 18)

*This policy has been developed as a result of School Council's concerns for the physical wellbeing of its students and community.*

### **RATIONALE**

Australia has one the highest incidences of skin cancer in the world with two out of three Australians developing skin cancer before the age of 70. 950,000 new cases and 2,000 skin cancer related deaths are recorded each year.

Overexposure to the ultraviolet (UV) radiation in childhood and adolescence is more likely to contribute to the risk of skin cancer later in life. Research suggests there is a link between sunburn during childhood and melanoma in adulthood.

Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Research also suggests that sunburn, tanning and skin damage is a contributor to skin cancer and other forms of skin damage such as wrinkles, sunspots, blemishes and premature ageing.

Nangwarry Primary School and preschool 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-protective measures.

**AIM:** To develop positive attitudes among students, parents, staff and visitors to Nangwarry Primary School and Preschool, about how to avoid overexposure to UV.

**REASON:** The greatest impact of overexposure to UV on the skin occurs during the first twenty years of your life. However, skin protection should be a life-long practice.

**OBJECTIVE:** To reduce the risk of skin damage for the Nangwarry Primary School and Preschool community.

### **STRATEGIES FOR SKIN PROTECTION**

The implementation of this policy is during terms one, three and four each year and when the UV is 3 and above at other times. The school community is encouraged to check the daily sun protection times via the Bureau of Meteorology website or the SunSmart app.

#### **1. AS PART OF GENERAL SKIN PROTECTION:**

- **Students** will be encouraged to wear the school broad brimmed hat that will protect the face, neck and ears whenever they are outside e.g. class breaks, camps, sports, sports carnivals, outdoor excursion and activities.
- Students who do not have their hats with them will play in the designated area protected from the sun, (i.e. shelter shed and verandahs.)

- Outdoor activities will be held in areas of shade whenever possible.
- Teachers will schedule outdoor activities outside of the peak UV times of the day whenever possible or utilise the sport Covered Outdoor Learning Area (COLA)
- Students are encouraged to wear the school uniform or appropriate clothing (preschool) which offers adequate protection through tops with collars and longer style sleeves, and longer style shorts, dresses and skirts.
- Students are reminded to apply SPF 30 or higher, broad spectrum, water resistant sunscreen approximately 20 min before going outdoors and reapply every two hours when outdoors when the UV is 3 and above.
- **Staff** will be required to act as role models for Work Health and Safety by practising sun protective behaviour when the UV is 3 and above including:
  - o wearing protective hats, sunglasses and appropriate clothing for outdoor activities
  - o using SPF 30 or higher, broad spectrum, water-resistant sunscreen for skin protection
  - o Seek shade whenever possible.

## **2. NANGWARRY PRIMARY SCHOOL AND PRESCHOOL WILL:**

- Encourage that all hats worn are appropriate and satisfy the Cancer Council guidelines.
- Ensure that adequate shade is provided at sporting carnivals and outdoor events where possible.
- Incorporate programmes on skin cancer prevention in the curriculum.
- Reinforce all aspects of the policy in a positive way through newsletters, assemblies, parent meetings, camps, student and teacher activities.

## **3. WHEN ENROLLING A CHILD, PARENTS WILL BE:**

- Informed of the Sun Smart Policy (Navy School hats available for purchase.)
- Requested to provide an appropriate Navy hat for their child's use at school.
- Requested to provide an appropriate, named sunscreen for their child's personal use.
- Encouraged to practise skin protective behaviour.

Hats are available for purchase at the front office of the school. These hats have the school logo on the m and are recommended by the Anti-Cancer Foundation and endorsed by the Nangwarry Primary School and Preschool to protect the face neck and ears when in the sun.

**Safety Requirement:** hats without cords/toggles are required. Dangling cords can become caught in play equipment. Removal of cords reduces the risk of accidental strangulation.