

Memorial Oval Primary School Sun Smart Policy

Rationale:

Australia has the highest incidence of skin cancer in the world, with one out of two people developing some form of skin cancer in their lifetime.

There are 4 factors, often occurring simultaneously, which contribute to these statistics:

- The population is predominantly fair skinned.
- Ultra violet light from the sun is of sufficient intensity to induce skin cancer in this susceptible population.
- For most of this century, social values have supported the belief that a sun tan is healthy and attractive.
- 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 aging. Most skin damage and skin cancer is, therefore, preventable.

Aims

To promote, among students, staff and parents:

- A positive attitude towards skin protection
- Lifestyle practices which can help prevent 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 throughout the whole school year.

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

All members of the school community, and visitors/work people to our site, are strongly encouraged to use the following skin protection strategies:

- Avoid being in the direct sun between the hours of 11am and 3pm
- Recess periods will be 20 minutes and will finish by 11:10am
- Lunch period will be 40 minutes, with students eating lunch in the classroom or shaded lawn area, for 10 minutes before going outside for 30 minutes.
- Whenever possible, all outdoor activities will be scheduled before 11am, otherwise they will be conducted indoors or in the shaded areas of the school.
- School assemblies will be held in the multi purpose room, library or outdoors at 9am
- Sports Day will be held in Term 3

- The swimming carnival will be held at the Leisure and recreation Centre, in the indoor pool. Swimming lessons are held during Term 4, at the indoor pool.
- The Library is open for student use during the lunch period.
- Use the shade of trees, pergolas, umbrellas and tents whenever outside.
- Tree planting is an annual school event.
- The school has a large shade which is used at carnivals, outdoor activities and /or excursions.
- On days where the temperature is forecast to be 37°C or higher children will stay inside as per the schools Weather Policy as all areas of the school are air conditioned.
- The further provision of shade areas will appear as a priority on any forward planning documents for the school.
- Wear appropriate clothing to protect the skin.
- Students, staff and parents who are assisting with school activities, will be expected to wear a broad brimmed or legionnaire style hat whenever involved in outdoor school activities
- Students are expected to wear shirts with collars and at least elbow length sleeves and longer style shorts/ skirts.
- Apply a broad spectrum sunscreen, with a SPF of 30+ to clean, dry skin 10 to 15 minutes before going outdoors. Reapply sunscreen every 2 hours if outdoors for a prolonged period of time, or more frequently if swimming or perspiring.
- From September through to April, students will be encouraged to apply sunscreen before school and again 15 minutes before going out to lunch.
- Students will be encouraged to supply their own sunscreen.
- Students will be encouraged to reapply sunscreen if they are involved in outdoor activities after 11am. Adequate time will be allowed to do this.
- Reinforcing the Sun Smart message in classroom activities and in general school procedures are important strategies in the adoption of skin protection behaviours.
- Staff will be required to role model appropriate Sun Smart strategies in all school activities.
- Skin cancer prevention will be included in all classroom curricula.
- Staff will be kept up to date with information and resources through the Anti Cancer Foundation's Primary School News Bulletin, and by regular contact with the ACF Resource Centre.

The Memorial Oval Primary School Sun Smart Policy will be evaluated on an ongoing basis to reflect current knowledge and practices. Policy issues will be discussed at Staff, Student Forum and Governing Council meetings.