



EMU HEIGHTS PUBLIC SCHOOL

Sun Safe Policy November 2017

RATIONALE

Australia has the highest incidence of skin cancer in the world. Two out of three Australians develop some form of skin cancer before the age of 70.

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.

Emu Heights Public School 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.

The purpose of the policy is to ensure that all students attending our school are protected, throughout the year, from skin damage caused by the harmful ultraviolet rays of the sun.

OUTCOMES

Students, staff and parents will develop:

- ❖ 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 further environmental improvements in our school to reduce the level of exposure to the sun.

STRATEGIES

EDUCATION

- ❖ Teachers will integrate programs on skin cancer prevention, where appropriate, across all Key Learning Areas e.g. – Cancer Council Sun Smart Teaching Resource.
- ❖ Teachers are in-serviced on the School Sun Safety Dec guidelines.
- ❖ Promote and reinforce the Sun Smart Policy in a positive way through newsletters, assembly awards parent meetings and student/teacher activities and bell time reminders.

PROVIDING SHADE

- ❖ Providing shade (trees, built and portable shade structures etc) in areas where students gather – such as eating, outdoor teaching and popular play areas.

- ❖ Encouraging students to use the shade available when outside.
- ❖ Considering the availability of shade when planning all outdoor activities and excursions.

PERSONAL PROTECTION

- ❖ Students will wear sun-safe hats to protect the face, neck and ears whenever they are outside such as during recess, lunch, sport, excursions and sports carnivals.
- ❖ The NO SCHOOL HAT, PLAY IN THE SHADE rule will be enforced. Students without school hats play sit in designated areas.
- ❖ Students have the option to purchase and wear school sunglasses available through the uniform shop.
- ❖ Sun-safe clothing is part of our school and sports uniforms. This includes shirts with collars or covered necklines, sleeves, longer style dresses and shorts, and rash vests or t-shirts for outdoor swimming.
- ❖ Encouraging Sun-safe clothing on excursions, camp and mufti days.
- ❖ Where possible, SPF 30+ broad-spectrum water-resistant sunscreen is available for staff and students.
- ❖ Encouraging the use of sunscreen.
- ❖ Applying sunscreen, where possible, at least 20 minutes before going outdoors.
- ❖ Encouraging students and teachers to reapply sunscreen every 2 hours when outdoors for extended periods.

SCHEDULING OUTDOOR ACTIVITIES

- ❖ Outdoor activities will be held in areas of shade where possible.
- ❖ Teachers will endeavour to schedule outdoor activities before 10:00 am and after 2:00 pm whenever possible in daylight savings hours or on hot days.
- ❖ Teachers will consider all sun protection measures when planning outdoor activities and excursions.

STAFF, STUDENTS AND PARENTS WILL BE ENCOURAGED TO PRACTICE SUN SMART BEHAVIOUR BY:

- ❖ Wearing hats and appropriate clothing where possible
- ❖ Wearing school sunglasses
- ❖ Use the UV information to inform students of sun risk
- ❖ Using SPF 30+ broad spectrum, water resistant sunscreen for skin protection
- ❖ Seeking shade whenever possible

ROLE MODELLING OF STAFF

Asking staff to role model good sun protection behaviours when outside. This includes:

- ❖ Wearing sun-safe hats, clothing and sunglasses
- ❖ Applying SPF 30+ broad-spectrum water-resistant sunscreen
- ❖ Seeking shade, where possible

INFORMING THE SCHOOL COMMUNITY

- ❖ Parents will be informed about the Sun Smart Policy through the newsletter, website and in the School Handbook.
- ❖ Regularly promoting Sun protection information to the school community through newsletters, notice boards, online, parent meetings, staff meetings, school assemblies and on student enrolment.
- ❖ Encouraging families and visitors to use a combination of sun protection measures (sun-safe hats, clothing, sunglasses and SPF 30+ broad spectrum water-resistant sunscreen) when attending or participating in outdoor activities.

EVALUATION

- ❖ Monitor and evaluate the implementation of the Sun Smart Policy.
- ❖ Monitor and record the skin protective behaviour of the school community, the use of hats/clothing, sunglasses, sunscreen and shade, for example.
- ❖ Analyse the scheduling of outdoor activities
- ❖ Review the policy regularly