



SUNSMART POLICY

1. Rationale:

Australia has the highest evidence of skin cancer in the world. Over exposure to the sun during childhood and adolescence is a major cause of skin cancer. Children are at school when the UV Index levels are at their highest.

Schools have an important role in educating children and families of the dangers of overexposure, in developing appropriate behaviours to minimise risk and in ensuring that the school environment is utilised and maintained to minimise risk.

2. Implementation:

- The Sunsmart policy is to be implemented for all school activities – including excursions; camps; outdoor activities; swimming program; Active After School and Outside School Hours Care from the beginning of September to the end of April when the UV index levels are most likely to be above 3.
- All participants will be required to wear appropriate clothing:
 - A 8 –10 cm broad-rimmed or Legionnaires hat [available for sale through school uniform]
 - Shirts with collars, long sleeves and loose fitting baggy shorts / skirts offer good protection. Shoulders should be covered; singlet tops are inappropriate.
- Students will be directed to designated shaded areas if not wearing an appropriate hat.
- The school is working towards increasing the number of trees and shade structures so as to provide adequate sun protected areas in the school grounds.
- Students are encouraged to use available areas of shade at recess, lunchtimes and for outdoor activities.
- Students are expected to apply sunscreen every day before school, and are encouraged to carry a personal roll-on sunscreen and apply this sunscreen before going outside for recess, lunch, and sport or similar outdoor activities.
- SPF 30+ broad spectrum, water resistant sunscreen will be available for staff and students whenever needed or required. Stronger sunscreen may be supplied by parents at their discretion.
- Staff, families and visitors to the school are encouraged to act as role models by practising SunSmart behaviours.
- Students will be encouraged to drink additional water during the hot weather.
- Students may keep their water bottles on their tables.
- Timing of events / activities will be considered to avoid peak exposures whenever possible. Between 11.00-3.00pm is considered to be peak exposure time.



This policy is divided into three components:

a. Curriculum:

- Prevention programs and skin cancer education will be incorporated into the curriculum for each grade level.
- Sunsmart program will be conducted at the beginning of every school year.
- Sunsmart behaviour will be regularly reinforced and promoted to the whole school community via normal communication channels of the school e.g. Newsletter, Assemblies etc

b. Environment:

- Outdoor activities will be scheduled before 11.00am and after 3.00pm during terms 1 and 4 whenever possible.
- Outdoor activities will be held in areas with plenty of shade whenever possible.
- Sunhats will be available as part of the school uniform.

c. Behaviour:

- Appropriate Sunsmart behaviours are to be encouraged at all times.

3. Evaluation

- Ongoing evaluation and updating of the curriculum in terms of its skin cancer prevention component.
- Regular monitoring of Sunsmart behaviours.
- Continual assessment of plans for future buildings, covered areas and open space with regard to shade provision.

Terms and Conditions

As a SunSmart School Program member our school agrees to the following terms and conditions as set out in our original application and agreement with SunSmart:

- To enforce our sun protection policy as documented
- To take reasonable steps to ensure that all staff, students and families are aware of the sun protection policy and its requirements

To inform The Cancer Council Victoria of any changes to the school's policy and practices and anything else that may relate to or affect its inclusion in the SunSmart Schools Program.

Review date:

This policy shall be reviewed after three years [in 2011] or updated before, if required.