



## GUARDIAN ANGELS' SCHOOL

### SUNSAFE POLICY STATEMENT

#### **Rationale:**

Australia has the highest incidence of skin cancer in the world, with 140,000 new cases and 1,000 deaths recorded each year. Sun exposure in the first 15 years of life contributes significantly to the lifetime risk of skin cancer. 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.

**Values:** responsibility, caring, self-discipline, moderation

#### **Objectives:**

The goals of the SunSmart Policy are to:

- ◆ Increase student and community awareness about skin cancer and sun protection.
- ◆ Encourage the entire school community to use a combination of sun protection measures as mentioned below.
- ◆ Work towards a safe school environment that provides shade for students, staff and the school community.
- ◆ Assist students to be responsible for their own sun protection.
- ◆ Ensure that families and new staff are informed of the school's SunSmart policy eg. Orientation Day.

#### **Our sun protection strategies:**

All children and staff use a combination of sun protection measures throughout the day to ensure they are well protected. Particular care is taken between 10am and 2pm when UV levels reach their peak.

Our SunSmart policy is considered when planning all outdoor events e.g. assemblies, camps, excursions and sporting events. Where possible, we have outdoor activities or events earlier in the morning or later in the afternoon, or we try using indoor venues.

#### 1. Shade

- ◆ The school makes sure there is a sufficient number of shelters, shade sails and trees providing shade in the school grounds particularly in areas where students congregate e.g. lunch, canteen, outdoor lesson areas and popular play areas.
- ◆ In consultation with the School Board and P&F, shade provision is considered in plans for future buildings and grounds.
- ◆ The availability of shade is considered when planning excursions and all outdoor activities.
- ◆ Children are encouraged to use available areas of shade when outside.
- ◆ Children who do not have appropriate hats DO NOT PLAY OUTSIDE.

## 2. Clothing

- ♦ Sun protective clothing is included in our school uniform / dress code and sports uniform. School clothing is made of close weave fabric and includes shirts with collars and longer sleeves, longer style dresses and shorts and rash vests or t-shirts for outdoor swimming.

## 3. Hats

- ♦ Children are required to wear hats that protect their face, neck and ears, i.e. broad brimmed school hat.

(Please note: Baseball caps do not offer enough protection and are therefore not permitted.)

## 4. Sunglasses [SUGGESTED]

- ♦ Children and staff are encouraged to wear close fitting, wrap around sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.

## 5. Sunscreen

- ♦ SPF 30+ broad spectrum, water resistant sunscreen is available for staff and children's use. Sunscreen is applied at least 20 minutes before going outdoors and reapplied every two hours if outside for long periods.

## 6. Water

- ♦ To avoid dehydration, water bottles may be kept in all classrooms and will be taken on all student excursions.

## Role modelling

- ♦ Staff act as role models by:
  - wearing sun protective hats, clothing and sunglasses, or using umbrellas when outside.
  - applying SPF 30+ broad spectrum, water resistant sunscreen.
  - seeking shade whenever possible.
- ♦ Families and visitors are encouraged to use a combination of sun protection measures (sun protective clothing and hats, sunglasses and sunscreen) when participating in and attending outdoor school activities.

## Curriculum

- ♦ Programs on skin cancer prevention are included in the curriculum for all grade levels.
- ♦ SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, parent meetings, staff meetings, school assemblies, student and teacher activities and on student enrolment.

## Review

- ♦ The School Board and staff monitor and review the effectiveness of the Sun Protection Policy every three years and revise the policy when required.
- ♦ Next policy review: October 2009

### **SUNSAFE POLICY STATEMENT – FEEDBACK SHEET**

**RSVP Friday 27 October 2006**

Comments/questions/suggestions:

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Name: \_\_\_\_\_ Signed: \_\_\_\_\_