

2. Our school will:

- Ensure that students wear approved school hats that are appropriate and satisfy the Cancer Council of South Australia guidelines.
- Endeavour to schedule outdoor activities during the cooler parts of the day where possible.
- Ensure that adequate shade is provided at sporting carnivals and outdoor events.
- Endeavour to provide more shelters and shade trees.
- Encourage the use of SPF 30+, broad spectrum, water-resistant sunscreen by staff and students.
- Incorporate programmes on skin cancer prevention in its curriculum.
- Reinforce regularly the Sun Smart Policy in a positive way through newsletters, parent meetings, student and teacher activities.

3. When enrolling a child, parents will be:

- Informed on the Sun Smart Policy.
- Encouraged to purchase a school hat or provide an appropriate hat for their child's use.
- Encouraged to provide SPF 30+, broad spectrum, water-resistant sunscreen for their child's use.
- Encouraged to practise skin-protective behaviour themselves.

Hawthorndene Primary School

Sun Smart Policy



Suffolk Road
Hawthorndene SA 5051

Tel: 8278 3551
Fax: 83702681
Email: info@hthdeneps.sa.edu.au
Website: www.hthdeneps.sa.edu.au

Rationale

Australia has the highest incidence of skin cancer in the world with 140,000 new cases and 1,000 deaths recorded each year.

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. For most of this century 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.

Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Most 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.

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.

Aims

The aims of the Sun Smart Policy are to promote among students, staff and parents:

- positive attitudes toward skin protection
- lifestyle practices which can help reduce the incidence of skin cancer and the number of related deaths
- personal responsibility for the decision-making about skin protection
- awareness of the need for environment changes in schools to reduce the level of exposure to the sun

Implementation Strategies for Skin Protection

1. As part of general skin-protection strategies:

- Children will wear hats during school hours whenever they are outside (including sport, sports carnivals, outdoor excursions and activities).
Only hats which protect the face, neck and ears will be accepted.
- It is current school policy for children to wear hats *throughout the year*.
- Children who do not have their hats with them will play in a specified area protected from the sun.

- Children who do not have their hats with them for outdoor activities (eg sport, sport carnivals, outdoor excursions etc.) will be excluded from those activities.
- Children will be encouraged to use available areas of shade for outdoor play activities.
- Outdoor activities will be held in areas of shade whenever possible.
- Teachers will endeavour to schedule outdoor activities before 10.00 am and after 2.00 pm (11.00 am and 3.00 pm daylight saving time) where possible.
- Staff will be encouraged to act as role models by practising Sun Smart behaviour: wearing protective hats and appropriate clothing for all outdoor activities using SPF 30+, broad spectrum, water-resistant sunscreen for skin protection, seeking shade whenever possible.
- Sunscreen should be applied 15-20 minutes before going outside and then reapplied regularly (around 2 hourly) if outside for an extended period of time.