

Spensley Street Primary School

SUN SMART POLICY

RATIONALE

We know that sunburn and long-term exposure to ultra-violet radiation lays the basis in childhood for skin cancer in adults.

DEFINITION

Being sunsmart means understanding the dangers of exposure to the sun and taking appropriate measures including the use of sunscreen and protective clothing to reduce long-term damage. Sun protection awareness will be included in the Health and Physical Education learning area.

PRINCIPLES

There is a need for education in all areas of sun protection.

Children need on-going motivation and encouragement to be "sunsmart".

Protecting children from skin damage is the responsibility of parents and whilst at school it is also the responsibility of the school.

GOALS

To increase student and community awareness of skin cancer risks and practical means of protection.

To develop strategies which encourage responsible decision-making about skin protection.

To work towards a school environment which provides shade for students and teachers.

To encourage students and teachers to wear protective clothing and hats for outdoor activities eg during sport, lunch-times, school camps and excursions.

STRATEGIES

All students are required, staff and visitors are encouraged, to wear a suitable hat and apply sunscreen (factor 30 + broad spectrum water resistant) BEFORE they go outdoors between 10.00am and 2.00pm (EST) and 11.00am and 3.00pm (EDT), in Terms 1 and 4.

"Suitable hat" means either legionnaire style or broad brimmed style that shades the face, ears and neck. Other clothing should provide adequate protection from the sun, short sleeves are recommended. "Suitable hats" will be available for sale from the school.

Students will be directed to stay in designated areas if they do not have appropriate clothing and hat during recess and lunchtime, in Terms 1 and 4.

Children will be permitted to borrow a suitable hat, provided by the school, to ensure that all students are able to participate in any outdoor education program and excursions.

Sunscreen (factor 30) will be provided in each area and at the Out of Hours Program although students are encouraged to have their own.

The cost of sunscreen will come from the Student Welfare budget.

Articles will be provided for the Bulletin by the Principal and Sunsmart Committee, about the risks of exposure to the sun, and sun protection ideas.

Discussions will occur at school with the outcome of developing a practical list of sun protection ideas. Parents are encouraged to follow up these discussions at home.

Parents and staff will be encouraged to act as role models in being sun smart.

Students and staff will be encouraged to use shade areas in the playground from September to April.

Outdoor activities will be scheduled at times and locations that minimise exposure to UV radiation.

Junior School Council will discuss ideas and strategies to support the successful implementation of the policy.

Junior School Council and other students will be given the opportunity to inform the Environment Committee, parents and staff of their ideas and concerns.

The Environment Committee will work to ensure that there is adequate shade in the playground and to provide alternative shade if applicable.

The Out of Hours program will implement the Sun Smart Policy

IMPLEMENTATION

Parents and students will be routinely informed of the school's sun smart strategies via the Bulletin and Family Information Book.

Teachers will encourage and remind students to wear sunscreen and suitable hats before going outside.

Students who do not wear suitable hats and sunscreen will be directed to play in shade areas during outside activities.

The Environment Committee be aware of the Sunsmart policy and ensure that there are adequate shade areas in the playground.

Skin cancer awareness issues are included in the Health and Physical Education curriculum.

Teachers will plan and organise discussions and activities to reinforce the Sun Smart Policy.

Sun screen will be available in all areas.

Teachers responsible for JSC will facilitate discussion and activities to raise awareness and to seek ideas.

Responsibility for the implementation and review of the policy is with the Principal and the Education Policy Committee. Under the goals of the school charter, Sunsmart comes under the category of Student Welfare.

EVALUATION

To ensure the on-going success of the measures laid down in the policy, there will be an annual review in Term 4.

The measures to be monitored include:

- the number of children wearing hats
- the use of sunscreen
- development of shade areas in the playground
- parent awareness

Monitoring will be carried out via sampling and surveys

RESOURCES

Cancer Council Resource Kit

Sun smart Policy Guidelines

DATE

Original Policy: September 1997

Reviewed: July 2003