



Rationale

Australia has the highest incidence of skin cancer in the world, with two out of three people developing 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 aging. Most skin damage and skin cancer is therefore, preventable.

Schools are ideally placed to help reduce the incidence of skin cancer and the number of related deaths by encouraging all members of the school community to use skin protective measures when the UV is 3 and above.

Aim

The aims of Salisbury Heights Schools Skin Protection policy are to promote among students, staff and parents:

- 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 environmental change in schools to reduce the level of exposure to the sun.

Implementations

The procedures outlined in this policy are for implementation during terms 1, 3 and 4. Depending on school activities, eg an all day excursion or sports day, staff and students are encouraged to check the UV and implement sun protection if the UV is 3 and above. The purpose of the policy is to ensure that all members of our school community are

protected from skin damage caused by harmful ultra violet rays from the sun.

All members of the school community will be strongly encouraged to use the following skin protection strategies.

Wear appropriate clothing

- Regularly revisit the expectations of this policy.
- Any child in the yard not wearing a hat in terms 1, 3 and 4 will be sent to a designated shaded area.
- Students and staff are expected to wear a broad brimmed hat in terms 1, 3 and 4 whenever involved in an outdoor activity whether it is at school or outside of school on excursions. Students not wearing a hat will be excluded from the activity.
- T-shirts preferably with collars and longer style sleeves and longer style shorts, dresses and skirts will be expected to be worn ensuring shoulders and mid-riff areas are covered.
- Wrap around sunglasses that meet the Australian Standard 1067 are encouraged.

Avoid being in the sun during the peak UV times of the day

- Whenever possible outdoor activities will be scheduled outside the peak UV times of the day or conducted in shade where possible.
- Where possible school assemblies will be held in the activity hall all year round.
- Where applicable, staff are encouraged to access the daily Sun smart UV alert to assist with the implementation of this policy.
- To help maintain winter vitamin D, sun protection measures are not used when UV levels are below 3.

Use shaded areas whenever possible when outdoors

- Provisions for more shaded areas will continue to be a high priority for the school.
- Classes to utilise the shaded areas for outdoor learning
- Children are encouraged to seek shade during recess and lunch times.

Reinforcing the sun smart message in classrooms and school policies is an integral part of the school practices to embed sun protection behaviours.

- Staff will be encouraged to role model appropriate sunsmart strategies in all school activities including wearing a broadbrimmed or legionnaires' hat, sun protective clothing, sunscreen, sunglasses and seeking shade.

- Sun protection will be taught in all classrooms.
- Staff will be kept up to date with new information and resources from Cancer Council South Australia newsletters.
- Broad spectrum, water resistant sunscreen with an SPF of 30+ or 50+ will be available in classrooms and for excursions.
- Children will be actively encouraged to apply sunscreen 20 minutes before going outdoors and reapply every 2 hours when outdoors.

Hot weather Procedures.

- Children will not be allowed outdoors at lunchtime if the weather forecast is over 38 degrees.

The Salisbury Heights Schools skin protection policy will be evaluated regularly.

- Policy issues will be discussed at staff meetings, SRC and parent group.