EDWARD PUBLIC SCHOOL
A PBL Community

Wellbeing

SUN PROTECTION POLICY

2013

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To be revised annually
SUN PROTECTION POLICY

RATIONALE

Schools have a duty of care to ensure that sun protection is provided for students while they are on school premises during school hours or undertaking school activities.

Australia has the highest incidence of skin cancer in the world with 160,000 new cases and 1,200 deaths recorded each year. One out of two Australians will develop skin cancer. Exposure to ultraviolet radiation is a major contributory factor in the development of skin cancer.

There are four factors, often occurring simultaneously, which contribute to these statistics:

- The population is predominantly fair-skinned
- Ultraviolet light from the sun is of sufficient intensity to induce skin cancer in this susceptible population
- For most of this century social values have supported the belief that a suntan is healthy and attractive
- 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. 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.

Primary schools 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 Edward Public School Sun Safe 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 changes in schools to reduce the level of exposure to the sun.
IMPLEMENTATION
The purpose of the policy is to ensure that all students attending our school are protected, throughout the year, from skin damage caused by harmful ultraviolet rays of the sun.

As part of general skin protection strategies:

- Students will wear hats which protect the face, neck and ears whenever they are outside the classrooms (playtimes, sport, outdoor excursions etc)
- Students who do not have their hats with them will play in the shelter area outside the office and COLA under cover
- Students will be encouraged to wear eye protection
- Students will be encouraged to wear lip protection
- Students 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 schedule outdoor activities for before 10am and after 2pm (11am and 3pm daylight saving time) whenever possible
- Staff will be encouraged to act as role models by practising Sun Safe behaviour

Our school will:

- Ensure that school hats are appropriate and satisfy Cancer Council guidelines
- Ensure that adequate shade is provided at sporting carnivals and outdoor events
- Provide shelter areas and shade trees
- Encourage and support the use of SPF 30+ broad-spectrum, water-resistant sunscreen for staff and students throughout the year
- Limit exposure times through timetable changes
- Incorporate programs on skin cancer prevention in its curriculum
- Reinforce regularly the Sun Safe Policy in a positive way through newsletters, parent meetings, student and class activities
- When possible, hold outdoor events only on days of temperatures less that 30 degrees centigrade, and in the morning before 11 am.
- Provide adequate water breaks during all physical activities

When enrolling a child, parents will be:

- Informed of the Sun Protection Policy
- Requested to purchase a school hat
- Encouraged to provide SPF 30+ broad spectrum, water-resistant sunscreen for their child’s use
- Encouraged to act as positive role models and practise skin-protective behaviour themselves, particularly when attending school functions