

# Middle Indigo Primary School

## SUN SAFE POLICY

### **RATIONALE**

Australia has the highest incidence of skin cancer in the world. Two out of three Australians develop 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 ageing. Most skin damage and skin cancer is, therefore, preventable. Middle Indigo Primary 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.

### **OUTCOMES**

Students, staff and parents will develop:

- 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 further environmental improvements in our school to reduce the level of exposure to the sun.

### **STRATEGIES**

Children will wear sun-safe hats to protect the face, neck and ears whenever they are outside such as during recess, lunch, sport, excursions and sports carnivals.

The NO HAT, PLAY IN THE SHADE rule will be enforced in terms one and four.

Children without hats play in the designated area.

Outdoor activities will be held in areas of shade where possible.

Teachers will endeavour to schedule outdoor activities before 11:00 am and after 2:00 pm whenever possible.

Teachers will integrate programs on skin cancer prevention, where appropriate, across all Key Learning Areas e.g. – Cancer Council Sun Smart Teaching Resource.

Teachers are in-serviced on the School Sun Safety Dec guidelines.

Promote and reinforce the Sun Smart Policy in a positive way through newsletters, assembly awards parent meetings and student/teacher activities and bell time reminders.

Parents will be informed about the Sun Smart Policy through the newsletter, website and in the School Enrolment Handbook.

***Staff, students and parents will be encouraged to practice Sun Smart behaviour by:***

- Wearing hats and appropriate clothing where possible
- Use the UV information to inform students of sun risk
- Using SPF 30+ broad spectrum, water resistant sunscreen for skin protection
- Seeking shade whenever possible.

\*Swim sport and play will require all students to wear a rashie top or t-shirt whilst in and out of the water

\*Re-application of sunscreen to take place every two hours in the case of outside excursions or play

Teach to the Vic Health\Cancer Council student learning module\Campaign -

Slip! Slop! Slap! Seek! Slide! Sid the Seagull - <http://www.sunsmart.com.au/about/sunsmart-program>

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## EVALUATION

Monitor and evaluate the implementation of the Sun Smart Policy.

- Monitor and record the skin protective behaviour of the school community, the use of hats/clothing, sunscreen and shade, for example.
- Analyse the scheduling of outdoor activities
- Review the policy regularly (Annually)