Sun Smart Policy 2015

Rationale
Australia has the highest incidence of skin cancer in the world, with skin cancers accounting for around 80% of all new cancers diagnosed each year in Australia. A balance of ultraviolet (UV) radiation exposure is important for health. Too much of the sun’s UV radiation can cause sunburn, skin and eye damage and skin cancer. Sun exposure in the first 10 years of life is a major factor in determining future skin cancer risk. Too little UV from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health.

Stradbroke School actively promotes a Sun Smart Policy.

We believe skin protection is a personal responsibility. We encourage all of the members of our school community to use effective skin protection.

Aims
The Aims of Stradbroke Schools Skin protection Policy is to promote among children, staff and parents:

- positive attitudes towards skin protection
- every day practices which can help reduce the incidence of skin cancer and related illnesses
- personal responsibility for decision making about skin care and protection
- awareness of strategies to protect our bodies from sun damage

It is the expectation that all staff, students and parents of Stradbroke Schools, inclusive of Out of Schools Hours Care Program will use the following skin protection strategies:

- Encourage the entire school community to use a combination of sun protection measures for all outdoor activities during terms 1, 3 and 4.
- Take particular care if in the direct sun between the hours of 10am and after 3pm.
- Wherever possible outdoor activities, between 10am- 3pm will be held in shaded areas.
- When the estimated temperature is 38 degrees and over, children are not to play in the open and need to be instructed to stay in the shade.
  - This means that the oval and asphalt are out of bounds for play.
  - The Resource Centre will be open to children at recess time and the whole of lunchtime with Resource Centre staff, Principal and Deputy Principals sharing duty.
- On days of extreme weather conditions, an announcement will be made and children will remain in classrooms with staff sharing supervision in pairs as per the Wet Weather Policy.
- When the predicted maximum is 35 degrees and over, fitness lessons must be held before 10-00 a.m.
- Use the shade of trees, pergolas and the shade of the sail cloth structures when outdoors.
- Wear appropriate clothing that protects the skin.

Expectations
1. Hats

Students and staff will be expected to wear an appropriate hat whenever they are involved in outside school activities in terms one, three and four. At Stradbroke School students and staff are expected to where either a broad-brimmed, bucket or legionnaire’s hat that covers face, back of the neck and ears. Baseball caps are not acceptable. Children not wearing a hat will be asked to play in the shade. During term two the wearing of hats is a personal responsibility.
2. **Clothing**
   Children at school will be expected to wear the school uniform that includes a shirt with a collar.
   Children at Vacation Care programs will be instructed to wear clothing to protect their skin.

3. **Sunscreen**
   Students will be encouraged to apply a broad-spectrum, water resistant sunscreen with an SPF of 30+ or higher to clean, dry skin, 15-20 minutes before going outdoors for lunch or curriculum activities. Then regularly reapplied (around 2 hourly) if outside for extended periods of time or sooner if involved in water play.
   Parents will be asked to supply sunscreen for their children.
   With parental consent, students with naturally very dark skin are not required to wear sunscreen to help with vitamin D requirements.

4. **Shade**
   The school council will make sure that there are a sufficient number of shelters and trees providing shade in the school grounds, particularly in areas where students congregate.
   The availability of shade is considered when planning excursions and all other outdoor activities.
   In consultation with the school council, shade provision is considered when planning excursions and all other outdoor activities.

5. **Sunglasses (optional)**
   Students and staff are encouraged to wear close-fitting, wraparound sunglasses that meet the Australian Standard 1067:2003 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.

6. **Staff WHS and role modelling**
   Stradbroke School staff will promote, model and reinforce Sun Smart strategies and activities.

**Curriculum**
- Programs on skin cancer prevention and vitamin D will be included in the curriculum at each year level.
- Staff will be informed about new information and resources through contact with The Cancer Council South Australia.
- Information about the school’s Sun Smart Policy will be given to all new staff, students and families.

**Review**
   The Stradbroke School’s Sun Smart Policy will be addressed on a yearly basis with staff, students, families, OSHC and the Governing Council. The Stradbroke School’s Sun Smart Policy will be reviewed at least every 3 years.