



## Sun Smart Skin Protection Policy

### **Aims:**

The aims of "North Ingle School Skin Protection Policy" are to promote among students, staff and families:

- Positive attitudes towards skin protection
- Lifestyle practices, which can reduce the incidence of skin cancer and the number of related deaths.
- Personal responsibility for and decision making about skin protection.
- Awareness of the environmental changes to our school to reduce the level of exposure to the sun.

### **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.

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

1. The population is predominately fair skinned.
2. Ultraviolet light from the sun is of sufficient intensity to induce skin cancer in this susceptible population.
3. For many years social values have supported the belief that a suntan is healthy and attractive.
4. Lifestyles, 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 contributing factor to other forms of skin damage such as wrinkles, sunspots, blemishes and premature aging. Most skin damage and skin cancer is, therefore preventable.

### **Implementation:**

North Ingle School has been part of the SunSmart Schools Program since 2005. Cancer Council SA now recommends implementing a sun protection policy during **terms 1, 3 and 4 (beginning of August until the end of April)**.

This policy is for implementation from the 1<sup>st</sup> August through to 30<sup>th</sup> April when the South Australian UV levels are three or above.

The purpose of the policy is to ensure that all members of our school are protected from skin damage caused by the harmful rays of the sun.

It is an expectation that all staff, students and parents of North Ingle School use the following skin protection strategies:

1. Take particular care if in the direct sun between the hours of 10am and 3pm.
  - Whenever possible, all outdoor activities will be scheduled before 10am and after 3pm, conducted indoors, or in the shaded areas of the school.
2. Use the shade of the trees, verandas, pergolas whenever possible outdoors.
  - The playground area is already under a shade structure
3. Wear appropriate clothing that protects the skin.
  - Students are expected to wear a North Ingle School broad brimmed hat whenever they are involved in outside activities from the 1<sup>st</sup> August through to the 30<sup>th</sup> April. Students not wearing an appropriate hat must stay in the shade.
  - Staff and parents are expected to wear a broad brimmed hat, legionnaire's style hat or bucket hat with a deep crown and a brim width of 6cms whenever they are involved in outside activities from 1<sup>st</sup> August through to 30<sup>th</sup> April. Any staff member or parent not wearing an appropriate hat will be encouraged to stay in the shade.
  - Students are to wear shirts with collars and sleeves and longer style shorts/skirts. This is inclusive of casual days, incursions and/or excursions.
4. Promote and encourage students to apply a broad spectrum, water resistant sunscreen with an SPF of 30+ to clean, dry skin, 15-20 minutes before going outdoors for lunch or curriculum activities. Sunscreen should be reapplied every two hours if outdoors for a prolonged period of time (i.e. sports day, excursions, camps), or more frequently if involved in water activities or perspiring.
  - Adequate time must be allowed for students to apply sunscreen before going outdoors.
  - Parents are required to supply sunscreen for their children although there will be bulk sunscreen provided for whole school activities.
  - Sunscreen application is encouraged for whole school outdoor activities between 10am and 3pm.
5. Reinforce the SunSmart message in all school activities and school procedures. It is an important strategy in the adoption of the skin protection behaviours.
  - Staff are required to role model appropriate SunSmart strategies in all school activities.
  - Skin cancer protection is included in the curriculum at each year level
  - Staff are encouraged to keep up to date with the new information and resources through contact with the Cancer Council South Australia's Resource Centre
  - Policy issues will be discussed with staff, Student Representative Council and Governing Council.

### **Evaluation:**

This policy will be reviewed as part of the school's three-year review cycle or if any new information or guidelines become available from DECD or Cancer Council of SA.