

SunSmart Policy

Rationale:

Australia has one of the highest rates of skin cancer in the world, with two in three Australians developing some form of skin cancer before age 70. Melanoma is one of the most commonly diagnosed cancers in Victorians aged 15–29. Yet most skin cancers can be prevented by using sun protection measures at appropriate times of the year. The sun’s ultraviolet (UV) radiation is the major cause of skin cancer. UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer in later life.

Aims:

- (a) Increase student and community awareness of skin cancer
- (b) Assist students to develop strategies that encourage responsible decision making about skin protection including not sun baking
- (c) Work towards a safe school environment that provides shade for students and staff
- (d) Encourage students, parents, teachers and staff to wear protective clothing, sunglasses, hats and sunscreen during high risk times such as lunch times, sports, excursions and camps
- (e) Ensure that parents are informed of the school’s SunSmart policy

Implementation:

Curriculum	<ul style="list-style-type: none"> ▪ Sun protection and skin cancer awareness programs are incorporated into the Health and Physical Education areas of the school curriculum.
Uniforms including hats	<ul style="list-style-type: none"> ▪ Students are actively encouraged to wear broad-brimmed hats whenever they are outside, but particularly for organised outdoor activities such as sports carnivals. ▪ Staff are actively encouraged to wear broad-brimmed hats for all outdoor activities, including yard duty. ▪ Parents are encouraged to wear broad-brimmed hats when participating in and attending outdoor school activities.
Sunscreen	<ul style="list-style-type: none"> ▪ Students and staff are actively encouraged to apply SPF 50+ broad-spectrum water-resistant sunscreen regularly eg. Prior to school, before lunch, PE lessons, sport, excursions, carnivals, etc. ▪ Sunscreen is available from the gymnasium, sub-school offices and first aid, at carnivals
Sport and Physical Education	<ul style="list-style-type: none"> ▪ Hat wearing is strongly encouraged where practical, for sport and physical education and is compulsory in Terms 1 and 4. ▪ Sports uniform items are sun protective eg. Shirts with collars. ▪ The use of indoor and shade facilities will be maximised.
Camps and excursions	<ul style="list-style-type: none"> ▪ Broad-brimmed hats, sunglasses sun protective clothing and sunscreen are included on the items list for all camps and excursions.
Shade	<ul style="list-style-type: none"> ▪ The school continually works towards increasing and/or maintaining shade in its grounds, particularly in areas where students congregate eg. Lunch, canteen, outdoor lesson areas. ▪ Students and staff are actively encouraged to use the shaded areas.
Occupational Health and Safety	<ul style="list-style-type: none"> ▪ Consideration is given to sun protection for all teachers/staff involved in outdoor activities, including yard duty. Physical education and sport education teachers are strongly encouraged to take appropriate sun protection measures as they are particularly at risk from UV radiation.
Reinforcement/promotion of SunSmart message	<ul style="list-style-type: none"> ▪ Sun protection will be promoted throughout the year via the school newsletter, assemblies, and whole school activities.

Evaluation:

Every three years