



McDonald Park School

SUN PROTECTION POLICY

February 2015

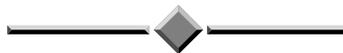
Rationale:

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. Skin cancer affects **one in two Australians**.

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

1. The population is predominantly fair-skinned.
2. Ultraviolet radiation from the sun is of sufficient intensity to induce skin cancer in this susceptible population.
3. In Australia, there is reduced ozone layer protection from UV radiation.
3. For many years social values have supported the belief that a suntan is healthy and attractive.
4. 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. Schools are ideally placed to help reduce the incidence of skin cancer and the number of related deaths by encouraging all members of the school community to use effective skin protection.



Aims:

The aims of the McDonald Park R-7 School's Sun Protection Policy are to promote among children, 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 to maintain and consider school environment to reduce the level of exposure to the sun



Implementation:

This policy is for implementation in **terms 1 and 4**. Outside of this time care should also be taken when the ultraviolet radiation level is 3 (moderate) and above.

It is an **expectation that all staff, students and parents of McDonald Park R-7 School**, will use the following skin protection strategies:

- 1. Planning:** Take particular care if in the direct sun between the hours of 10am and 3pm and when the ultraviolet radiation level is 3 (moderate) and above, outside of these times.
 - 1.1 Where practical, outdoor activity sessions will be held in shaded areas.
 - 1.2 Whenever possible, all outdoor activities, will be scheduled before 10am and after 3pm, conducted indoors, or in the shaded areas of the school.
- 2. Environment:** Use the shade of tree, verandahs, pergolas, umbrellas and tents whenever outdoors.
 - 2.1 Sails, providing shade, have been erected over all 4 play equipment areas.
 - 2.2 The further provision of shade areas will appear as a priority on any forward planning documents for the school, including the use and maintenance of natural shade areas created by trees.
- 3. Behaviour:** The wearing of appropriate clothing that protects the skin.
 - 3.1 Students and staff will be expected to wear a broad brimmed hat, legionnaire style hat, or a bucket hat with a deep crown and a brim width of 6cm whenever they are involved in outside activities during terms 1 and 4. Volunteers are encouraged to wear a hat when assisting with out of door activities.
 - 3.2 Children not wearing an appropriate hat will be expected to play in the shaded verandah area attached to the main building, resource centre

and A1/A2 side of annexe building. This is to be effective from day 1 of terms 1 and 4.

- 3.3 Students will be encouraged to wear shirts with collars and at least elbow length sleeves, longer style shorts/skirts (as reflected by approved school uniform) and rash vests or t-shirts for swimming, if using an outside pool.

4. Behaviour: Students will be encouraged to apply a broad-spectrum, water resistant sunscreen with an SPF of 30+ to clean, dry skin, when outdoors for activities of more than 30 mins. Sunscreen should be reapplied every two hours if outdoors for a prolonged period of time (i.e. sports days, excursions, camps), or more frequently if involved in water activities or perspiring.

- 4.1 Students will be encouraged to apply sunscreen before school.
- 4.2 A common supply of sunscreen will be made available if children are outdoors for prolonged periods of time. Parents will be asked to notify class teachers if their child has allergies or particular needs and in such cases asked to supply the sunscreen for their child.
- 4.3 Staff will remind and encourage students to apply sunscreen throughout curriculum activities which require prolonged exposure, building application reminders into their instructional program.

5. Curriculum: Reinforcing the SunSmart message in all school activities and in general school procedures is an important strategy in the adoption of skin protection behaviours.

- 5.1 Staff will be encouraged to role model appropriate sun protection strategies in all outdoor school activities.
- 5.2 Sun safety will be included at each year level, as part of the personal, social and community health strand of the Australian Curriculum.
- 5.3 Staff will be encouraged to keep up to date with new information and resources.
- 5.4 Information about the school's Sun Protection Policy will be given to all new staff, students and families.
- 5.5 Promote and reinforce SunSmart behaviour to the whole school community eg in newsletters, school assemblies, parent meetings, Sports Days

6. Evaluation: The McDonald Park School's Sun Protection Policy will be reviewed on a yearly basis with staff, SRC and Governing Council input.

- 6.1 Policy issues will be discussed at staff, student wellbeing meetings, SRC and Governing Council.