



McDonald Park School

SUN PROTECTION POLICY

July 2017

Rationale:

Australia has the highest incidence of skin cancer in the world, with skin cancers accounting for around **8% of all new cancers diagnosed** each year in Australia. Two in three Australians will be diagnosed with skin cancer before the age of 70 years.

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 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, 3 and 4** and when the UV is 3 and above at other times. If students will be outdoors for extended periods in May (such as a sports day or excursion) they will be encouraged to wear sun protection if the UV is 3 and above. Staff and students are encouraged to check the daily SunSmart UV Alert via www.bom.gov.au/sa/uv to assist with the implementation of this policy.

When the UV is below 3 in May to July staff and students are encouraged not to wear sun protection for vitamin D.

It is an **expectation that all staff, students and parents of McDonald Park School**, will use the following skin protection strategies during terms 1, 3 and 4, and when outdoors for extended periods and the UV is 3 and above.

1. Planning: Take particular care if in the direct sun during the peak UV times of the day 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 outside of the peak UV times of the day, 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.
- 2.3 Students are actively encouraged to seek shade during recess, lunch and leisure times.

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, 3 and 4 and when the UV is 3 and above in May. Volunteers are encouraged to wear a sun protective hat when assisting with out of door activities.
- 3.2 Staff and students are encouraged to keep their hat at school at all times throughout the year.
- 3.3 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, 3 and 4.
- 3.4 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, 15-20 minutes before going outdoors. Sunscreen

should be reapplied every two hours when outdoors 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. Staff will ensure a common supply is accessible when an excursion or outdoors for prolonged periods of time.
- 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, including wearing hats, sunscreen, protective clothing, sunglasses, and seeking shade.
- 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.