

Sun Safe Policy Quorn Area School

Rationale

Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Research suggests that sunburn is a contributor to skin cancer and other forms of skin damage. Schools can help reduce the incidence of skin cancer by encouraging all members of the school community to take effective skin protection measures.

Aims

The aims of the Sun Safe policy are to promote among students, staff and parents/caregivers:

- 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 for environmental changes in schools to reduce levels of exposure to the sun

The Sun Safe Policy promotes protective and preventative strategies.

The main elements of education and behavioural expectations are:

- Wearing hats i.e. broad brimmed, bucket or legionnaire style hats
- Wearing sunglasses and protective clothing
- Using sunscreen SPF30+ Broad-spectrum
- Remaining in the shade if possible
- Avoiding outside activities during the non-recommended times when the sun is more directly overhead

Information on the Sun Safe Policy will be communicated to:

Students via:

- ❖ Classroom Health and Physical Education programs
- ❖ Assemblies
- ❖ Yard duty teacher (5)
- ❖ Class meetings
- ❖ Daily bulletin (5)

Staff via:

- ❖ Staff meetings
- ❖ Training and development sessions
- ❖ Health and PE focus teacher/s
- ❖ Daily bulletins
- ❖ Policy Documentation
- ❖ Induction procedures

Families via:

- ❖ School newsletters
- ❖ Special purpose notices
- ❖ School Governing Council
- ❖ Parents and Friends
- ❖ Aboriginal Student Support & Parent Awareness Committee (ASSPA)
- ❖ Parent / class meetings
- ❖ Enrolment packs

Sun Safe Implementation Guidelines

1. Classroom Programs

- Health and PE programs will include information about minimising sun damage through protective and preventative behaviours.
- The Sun Safe Policy will have a cross curricula focus in programs Reception to Year 10.
- Teachers will consult with the Health and PE teacher/s re planning, methodology and resources.
- Resources will be received, displayed and advertised by the Health and PE focus teacher/s and available from the library.
- Teachers will actively promote, model and monitor sun safe behaviours.

2. Outdoor Behaviour

Outdoor lessons/activities will be programmed early in the day where practical.

Recommended times for outdoor lessons/activities are:

Central Standard Time: Before 10:00 am and after 2:00 pm

Daylight Saving Time: Before 11:00 am and after 3:00 pm

- Protective and preventative behaviours should be adhered to wherever practical, during outdoor lessons/activities.
- The policy applies to all outdoor school events including assemblies, excursions, swimming carnivals, sports days and school camps.
- Students will be advised and reminded to play in shaded areas if available.
- It is recommended that whilst outdoors for lessons / activities and during yard duty, staff model sun protection and skin damage prevention behaviours through the wearing of sunscreen , hats, sunglasses, cover up clothing and staying in the shade when possible.

3. Use of Hats

- Students are required to wear hats which cover the ears and the top of the head when outside. They are to be worn throughout the year except when it is impractical to do so. This will be at the discretion of the supervising staff member, in consultation with the principal.
- Suitable hats will be available for purchase from the school bursar's office.
- A standard issue, broad brimmed hat will be provided by the school upon enrolment, at the discretion of the principal. Replacement hats will be available for purchase from the school bursar's office. Students can choose to wear their own hat with approval of the principal.
- Sharing of hats is not recommended or encouraged, to minimise health issues.

4. Cover Up Clothing

- The wearing of loose, light coloured, close weave cotton or cotton blend clothing in warm weather is recommended.
- Sleeveless items of clothing should not be worn for daily school activities.

5. Use of Sunscreen

- The school will provide sunscreen for student and staff use.
- Each classroom will have sunscreen for students to apply 15 minutes before outdoor activity or break times.
- Sunscreen will be broad spectrum, water proof SPF 30+.
- Parents and caregivers will advise the school in writing of allergies to sunscreen, or if they wish their students to be exempted from wearing sunscreen.

6. Sunglasses

- The grounds-person is supplied with sunglasses as part of their normal outdoor duties.
- Other staff and students are encouraged to wear sunglasses during outdoor activity, when deemed appropriate by the staff member in charge of the activity.

7. School Environment

- Staff and Parent bodies will provide access to shaded areas.
- Staff and Parent bodies will provide access to drinking water.
- The Principal, Grounds Committee or Occupational Health Safety & Welfare (OHSW) Committee will be advised of perceived environmental sun safety needs as appropriate.
- All school community members will care for natural and man-made shade areas.