



Panania North Public School

SUN SAFETY POLICY

June 2016

RATIONALE

Australia has the highest incidence of skin cancer in the world.

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

- The population is predominantly fair-skinned
- Ultraviolet light from the sun is of sufficient intensity to induce skin cancer in this susceptible population
- For most of this century social values have supported the incorrect belief that a suntan is healthy and attractive
- 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. Much of the damage occurs during childhood and adolescence. Research suggests that severe sunburn is a contributor to skin cancer and other forms of skin damage such as wrinkles, sunspots, blemishes and premature aging. Most skin damage and skin cancer is therefore preventable.

Panania North Public School can help reduce the incidence of skin cancer and the number of related deaths by encouraging all members of the school community to take effective skin protection measures.

AIMS

The aims of the Sun Safety Policy at Panania North Public School are to promote among students, staff and parents:

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

IMPLEMENTATION STRATEGIES FOR SKIN PROTECTION

The purpose of this policy is to ensure that all students attending Panania North Public School are protected throughout the year from the harmful effects of the sun. A particular emphasis on implementation will be placed in Terms 1 and 4. The following strategies will be implemented

- Students will wear hats whenever they are outside such as before school, during recess, lunch, sport, excursions and sports carnivals.
- Students who do not have their hats with them will play in shady areas in the playground. A "No Hat- Play in the Shade" strategy will be implemented.
- Students will be encouraged to apply a SPF 30+ sunscreen.

- Outdoor activities will be held in areas of shade whenever possible.
- Teachers will endeavour to schedule outdoor activities before 11am and after 2pm where possible.
- Staff and parents will be encouraged to act as role models by practising skin safe behaviour but it must be remembered that this policy is designed specifically for student protection.
- Incorporate information sessions and programs on skin cancer prevention in PD/H/PE lessons
- Ensure Sun Safety when students participate in PSSA and other sport programs
- 3.1 Inform parents/carers of the Sun Safety Policy

EVALUATION

Monitor and evaluate the implementation of the Sun Safety Policy through:

- General observation of skin protective behaviour of school community
- Random surveys of hat use in playground
- Evaluate classroom activities involving skin cancer prevention
- Evaluate school resources
- Review policy every three years.

RESOURCES

Cancer Council NSW- Sun Smart Resources

<http://www.cancercouncil.com.au>

NSW Skin Cancer Prevention Strategic Plan 2012-2015

30+ Sunscreen Pump Packs - Cancer Council