



DERINYA SUNSMART POLICY

1. RATIONALE

1.1

Derinya Primary School believes that all children who are attending the school should be protected from skin damage caused by the sun's ultraviolet rays.

We have adapted the Derinya Primary School Sun-Smart Policy from the Anti Cancer Council sample policy for primary schools, Dec 1993. (first implemented at Derinya in February 1996). It is to be implemented throughout the year with particular emphasis in Terms 1 and 4.

SunSmart is a health promotion strategy which uses education, practical measures and examples to assist children in making good choices to benefit their long term health.

Like other safety education programs such as Safety House and Life Education, SunSmart is clearly endorsed by the DEECD. They all have a valuable community education role in raising awareness and promoting safer practices.

2. OBJECTIVES

2.1

To increase student and community awareness of skin cancer risks and of practical means of protection.

2.2

To encourage students and teachers to wear protective clothing and hats for all outdoor activities during Terms 1 and 4, and as necessary during Terms 2 & 3, including sport, play and lunchtimes, school camps and excursions.

2.3

To develop strategies which encourage the school community towards responsible decision-making about skin protection.

2.4

To work towards a school environment which will provide and maintain shade for students and teachers e.g. tree and shrub planting.

3. IMPLEMENTATION STRATEGIES

3.1 UNIFORM

The school will:

- Require children to wear hats whenever they are outside, e.g. recess, lunchtimes, sport, excursions, and carnivals. This will be compulsory during Terms 1 and 4 and encouraged during Terms 2 & 3.
- Ensure that hats worn are appropriate and satisfy Anti-Cancer Council guidelines (protecting the face, neck and ears). School uniform shop to provide navy broad-brimmed hats as part of the school uniform.
- Direct children who do not have their hats with them to play in an area protected from the sun.
- Direct children who have their hats with them but are not wearing them to put them on.
- Encourage the use of protective clothing when outside.
- Inform parents that the provision of school hat and sunscreen is the responsibility of the parent/guardian.

3.2 CURRICULUM / EDUCATION

- Encourage parents and staff to act as role models by practising Sun Smart behaviours by wearing appropriate hats and clothing for all outside activities, using a broad spectrum 15+ water resistant sunscreen for skin protection and seeking shade whenever possible.
- Incorporate programs on skin cancer prevention into the Physical Education / Health curriculum.
- Regularly reinforce the Sun Smart Policy through newsletters, parent meetings, school community gatherings, student and teacher activities.
- SunSmart Committee to include parent, teacher and student representatives.
- Create a rewards or incentives program to encourage students to comply with the wearing of hats and use of sunscreen.

3.3 ENVIRONMENT

- Encourage children to use available areas of shade for outdoor play activities
- Increase the number of shelters and trees that provide shade in the school grounds through liaison with the School Council Grounds / Facilities Committee
- Aim for adequate shade provision at sporting carnivals and outdoor events (this can include the portable cabana owned by the school)
- Schedule special outdoor activities before 10 am and after 2 pm (11 am and 3 pm in summer) when ever possible

3.4 ENROLMENT

When enrolling their children, parents will be:

- Informed of the Sunsmart policy, through the School handbook.
- Advised that hats are part of the school uniform to be worn outside at all times during Terms 1 & 4 and encouraged as appropriate during Terms 2 & 3.
- Encouraged to provide SPF 30+ broad spectrum, water resistant sunscreen for their children's use.
- Encouraged to practice sun protective behaviours themselves.

3.5 SCHOOL EXCURSIONS

- Plan to conduct the excursion early in the day rather than later} Where
- Plan excursions for venues where adequate shade is available} feasible.
- Alternatively provide shade with school cabana / umbrellas, etc.
- Encourage all participants (staff, students and parents) to wear appropriate clothing. Wide-brimmed or legionnaire style hats are recommended. Shirts with collars and long sleeves offer good protection. Fabric should be of close weave to maximise protection against UVR.
- Encourage all participants to use a suitable sunscreen on exposed areas of skin. Use zinc cream on the nose, cheeks, lips and tips of the ears. Take additional sunscreen for reapplying every 2 – 3 hours and after swimming.
- Where swimming is involved, encourage participants to wear a T-shirt in the water where appropriate. Ensure that a second DRY shirt is available as wet T-shirts allow some UVR to penetrate.
- Discourage sunbaking or unnecessary exposure to the sun
- Suggest suitable UV-protection sunglasses which are another method to protect the skin around the eyes and to protect the lenses of the eyes.

4. RESOURCES

4.1 PHYSICAL

A budget will resource this program.

- Permanent shade areas in school grounds
- Portable large shade cabana (stored in Phys Ed. Area)
- Large containers of 15+ suncream for outdoor events.
- Resource Handbooks with curriculum materials for all grade levels as well as posters, pamphlets, videos and music cassettes (Anti- Cancer Council of Victoria)
- Educational and promotional material from Melanoma and Skin Cancer Institute (M.A.S.C.R.I.) N.S.W
- Literature and educators from the Royal Life Saving Society, VIC

4.2 HUMAN

The Sunsmart Program may be implemented in the curriculum in a classroom context, as part of a specialist theme or as an awareness project across the school community. It is desirable to have a particular focus on this theme each year so the message is continually reinforced at the primary level whilst at the same time practising the Sunsmart behaviours as part of the school's Health and Safety strategies. It will be most effective when supported by the school staff, student groups like S.R.C.. and volunteer parents as part of a Sunsmart group to assist with the promotion of the Program when required.

5. MONITORING AND EVALUATION

5.1

Maintenance of a SunSmart Group or Sub-Committee to review implementation of strategies on a regular basis.

5.2

SunSmart Group / Committee Representative to report to the Parent / Teacher's Association, School Council and via the school newsletter to the school community.

5.3

Use of a questionnaire format to gather information and feedback from the school community

5.4

Ongoing evaluation and updating of the school policy and curriculum in terms of its skin cancer prevention component.

6. RESPONSIBILITY

Policy – Sun Smart Co-ordinator / School Council

Professional Development and Implementation – Sunsmart Co-ordinator / Health Committee / Staff

School Council Approved

Review 2014