

SKIN CANCER

Australia has the highest incidence of skin cancer in the world, with 2 out of 3 Australians developing skin cancer during their life.

Everyone is at risk of damaging their skin and, consequently, developing skin cancer through over exposure to the sun. Australian sunshine is so strong that everyday activities can be hazardous if the skin is not protected.

Research has shown that there is a link between childhood sunlight exposure and skin cancer in adulthood; protection is most important for children, however sensible sun protection does not put people at risk of Vitamin D deficiency. But there are times when it's actually important to leave your hat and sunscreen off.

There are four factors contributing to the high incidence of skin cancer in Australia:

1. The population is predominantly fair-skinned.
2. Ultraviolet light from the sun is of sufficient intensity to induce skin cancer in the susceptible population.
3. Social values have supported the belief that a suntan is healthy and attractive.
4. Lifestyle, work, school and recreation habits expose people to the sun for long periods.



AIMS

The aims of the Sun Smart Policy are to promote among students, staff and parents:

- ◆ positive attitudes towards skin protection
- ◆ life style 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 the level of exposure to the sun.

Therefore at Sheidow Park School:

1. School hats will be worn in Terms 1, 3 & 4 at recess and lunch, and while students are engaged in any school organized outdoor activity e.g. P.E., Excursions, Sports Days etc. This is in order to protect face, ears and back of the neck (broad brimmed or legionnaire style school hats are required). Under the recommendation of Cancer Council SA, in Term 2 students will wear hats when the UV rating is above 3.
2. Where possible, outdoor activities will be scheduled before 11:00 a.m.
3. Children are expected to play in shaded areas when possible.
4. Students are encouraged to use 50+ Broad Spectrum Sunscreen whenever outside.
5. The school community, teachers, older students and parents are expected to model appropriate Sun Smart behaviour.
6. Children and adults are encouraged to wear hats and sunscreen during recess and lunch times.
7. **NO HAT - NO PLAY Policy is enforced in Terms 1, 3 and 4, and in Term 2 when the UV rating is 3 or more.** This means that during these times, students not wearing a suitable hat will be required to sit in the designated shaded areas during recess and lunchtimes.

Hot Weather Policy

Our hot weather policy will be enforced on days when the temperature is 36 or above. 3 sirens will be sounded, and the yard duty teachers reallocated to indoor areas where students can still be engaged in physical activity.

We incorporate programs on skin cancer prevention in our curriculum. We routinely role model appropriate Sun Smart strategies in all school activities.

We regularly reinforce the Sun Smart Policy through newsletters, parent meetings, student and teacher activities. Our school OSHC program supports and enforces our school sun smart policy.

Please remember:

**TEMPERATURE IS NOT ASSOCIATED
WITH U.V. LEVELS**

The air temperature rises during the day as a result of the earth being heated by the sun's infrared rays.

The maximum daily temperature usually occurs during the mid to late afternoon whereas maximum **Ultra Violet Radiation (uvr) occurs around midday.**

You can still be burnt on a cloudy day:

Skin damage can still occur on days with a thin cloud cover. The cloud scatters the UVR in all directions and although you receive less direct UVR, you may receive more indirectly. Heavy cloud does decrease the amount of UVR but scattered cloud has little or no effect on UVR levels.

It is a priority of Sheidow Park School -

To take particular care of exposure to the sun between the hours of 10am and 3pm, and when the ultraviolet radiation level is 3 (moderate) and above outside of these times.

Where possible,

- ◆ outdoor activity sessions will be held in shaded areas.
- ◆ all outdoor activities, including Vacation Care programs, will be scheduled before 10am and after 3pm, conducted indoors, or in the shaded areas of the school.
- ◆ Use the shade of trees, pergolas, umbrellas and tents whenever outdoors.
- ◆ The further provision of shaded areas will appear as a priority on any forward planning documents for the school.

This policy will be reviewed every 2 years with staff, SRC, OSHC and School Council input.

More information in regard to this policy is available by contacting The Principal

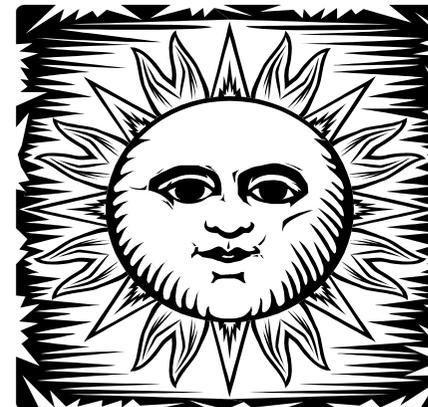
Thanks to the Cancer Council for their support and permission to use their contributions.

Ratified School Council:

16th March 2010

Reviewed

10th June 2016



**SHEIDOW PARK
SCHOOL**

**SUN
SMART
POLICY**