



RENMARK WEST PRIMARY SCHOOL SUNSMART POLICY

RATIONALE

Australia has the highest rate of skin cancer in the world. There are three factors, often occurring simultaneously, which contribute to this fact.

- Ultraviolet light from the sun is of sufficient intensity to induce skin cancer in the population.
- For most of this century social values have supported the 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. Skin cancer now accounts for over 80 per cent of all cancer diagnosed in Australia. 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 can be prevented if you protect your skin from the sun.

AIMS

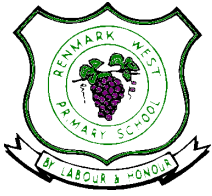
The aims of the SunSmart Policy at Renmark West Primary School are to promote among students (from an early age), staff and parents:

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

This policy is for implementation throughout the year. The purpose of the policy is to ensure that all children attending school are protected from skin damage caused by the harmful ultraviolet rays of the sun.

STRATEGIES

- ❖ Children will wear hats (broad brimmed-at least 7.5cm brim, legionnaire or bucket style-at least 6cm brim width) all year round whenever they are outside during the school day i.e. 8.45am – 3.20pm. This includes playtime, PE lessons, sports carnivals, outdoor excursions and activities. The only exceptions are during contact sports carnivals, or during actual athletic events. Non-school hats must comply with the specifications of the Renmark West School hat.
- ❖ Children who do not have their hats with them will sit in a designated area in front of Room 6 at recess time and can go to the resource centre or computer room at lunch time if it is open.
- ❖ Children will be encouraged to use SPF 30+ sunscreen when going outside and must wear a T-shirt or rash vest over bathers when using the pool. Appropriate time will be given to apply the sunscreen.



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- ❖ Children are encouraged to use available areas of shade for outdoor play activities.
- ❖ Outdoor lessons are held in areas of shade whenever possible.
- ❖ Teachers will schedule outdoor activities at safe times, preferably early in the day to avoid peak UVR times (when the Ultraviolet Radiation is 3 and above), whenever possible.
- ❖ Staff is encouraged to act as role models by practising SunSmart behaviour.
- ❖ The school will ensure that adequate shade is provided at sporting carnivals and outdoor events.
- ❖ SPF 30+ sunscreen is purchased from the school Health budget for each classroom and is available for out of school activities.
- ❖ Staff incorporates teaching on skin cancer prevention in the Health curriculum. This includes teaching students the 5Ss: *SLIP on some sun protective clothing; SLOP on SPF30+ sunscreen; SLAP on a hat; SEEK shade; SLIDE on some sunglasses.*
- ❖ The SunSmart Policy is reinforced in a positive way via newsletters, and student and teacher activities.

When enrolling a child, parents will be:

- Informed of the SunSmart Policy.
- Requested to purchase a school hat or provide an appropriate hat for their child's use.
- Requested to purchase the school uniform which includes polo shirts with a collar.
- Informed that Australian Standard sunglasses (AS/NZ 1067:2003 and EPF rating of 10) are available for purchase. Rules regarding the wearing of sunglasses are provided.
- Expected to practice skin-protective behaviour themselves - especially when involved in the school program.

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