

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.

As research has shown that there is a link between childhood sunlight exposure and melanoma and adulthood skin cancer, prevention is most important for children.

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. For most of this century, 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 practises 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.

CLOTHING

- students must wear a school hat (broad brimmed or legionnaires) for any outdoor activity for all 4 school terms.
No hat, no play (in sun)
- students will be encouraged to wear shirts with collars and longer shorts. Rash vests, for outdoor swimming, are recognised as sunsafe swimwear. If T-shirts are worn, sunscreen needs to be applied underneath
- parents and staff are expected to model and practise skin protection behaviours, including wearing of hats

SUNSCREEN/SKIN PROTECTION

- students will be encouraged to apply sunscreen at home before school
- children will be encouraged to wear sun safe sunglasses during outdoor activities
- outdoor activities will be held in areas of shade whenever possible (eg. assemblies)
- sports/P.E. lessons will be scheduled before 11.00 am where practicable
- students will actively be encouraged to play in one of the many shaded areas of the school at recess and lunch time during first and fourth term
- students are encouraged to bring their own sunscreen
- SPF 30+, broad spectrum, water resistant sunscreen is available at various locations around the school

TEACHING AND LEARNING

- sun protection and skin cancer awareness programmes will be incorporated into the Health curriculum for all year levels
- teachers will encourage and reward good sun safe practices throughout the year
- our Sunsmart Policy will be actively promoted to the whole school community via newsletters, etc., and will be regularly re-evaluated
- children will be educated to make 'sunsmart' choices when dealing with skin protection issues

Please Remember:

TEMPERATURE IS NOT ASSOCIATED TO U.V. LEVELS

The air temperature rises during the day as a result of the earth being heated by the sun's infra-red 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.

HEAT PROTECTION

South Australia has predictable periods of moderate and extreme heat. Schools have an obligation to actively participate in heat protection education and management practices.

We believe students should not be prevented from participating in scheduled recreation breaks. However, on days of extreme heat, children need to make smart choices to protect their health.

THEREFORE AT FLAGSTAFF HILL SCHOOLS:

- 1 Heat Stress Awareness programmes will be incorporated into the Health curriculum for all year levels.
- 2 We will actively promote our Schools' Sunsmart Policy, as these practices are both heat and sun protective and limit exposure to UVR and IRR (infra-red radiation.)
- 3 Students will be encouraged to drink water before, during and after play (teachers may consider personal lidded containers of water at work areas.)
- 4 Students will have restricted physical activity at recess and lunch if the temperature is over 33 degrees.
 - areas restricted: oval and courts out of bounds
 - rigorous activity restricted: no running games
 - this is shown by orange flags

- 5 If the play area is to be restricted, it will be displayed in the Day Book in the morning.
- 6 If the temperature is 38+ degrees, children will only be allowed outdoors for 20 minutes of restricted activity playtime (recess and first lunch) .

Senior Staff make the decision to activate this section of the policy.

2 sirens will be sounded -

- the yard duty roster is suspended and teachers are responsible for supervision of their children
 - this supervision will be organised by each unit staff group.
- 7 Code is to be displayed on classroom doors to advertise play restrictions.

(This procedure will also be activated in the event of wet weather)

Thank you to the Cancer Association for their support and permission to use their contributions.

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school/clerical/jp/parpam/sunsmart/jb

SUN SMART

- a statement for the school community



Government of South Australia
Department of Education and
Children's Services