

# BANKSTOWN SOUTH INFANTS SCHOOL

## SUNSMART POLICY AND PROCEDURES



<b>DATE</b>	7 <sup>TH</sup> August 2013
<b>DUE FOR REVIEW</b>	August 2016
<b>ON WEBSITE</b>	Included in Policies Tab

### PURPOSE

This Policy sets out the requirements for Bankstown South Infants School to adhere to SunSmart guidelines. Australia has the highest incidence of skin cancer in the world with 160,000 new cases and 1,200 deaths recorded each year.

**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.

Bankstown South Infants 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 SunSmart Policy at Bankstown South Infants 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 Bankstown South Infants School are protected throughout the year from the harmful effects of the sun.

### **1. As part of general skin protection strategies:**

- 1.1 Students will wear a school hat which protects the face, neck and ears whenever they are outside such as before school, during recess, lunch, sport, excursions and sports carnivals.
- 1.2 Students who do not have their hats with them will not play. A “No Hat – No Play” strategy will be implemented. Students sit in the shade. Any family having difficulty with providing their child with a school hat; needs to advise the Principal.
- 1.3 Students will be encouraged to apply a SPF 30+ sunscreen at home each day. Parents will be requested to assist in the regard and classrooms will be provided with pump packs.
- 1.4 Outdoor activities will be held in areas of shade whenever possible.
- 1.5 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.

### **2. Our school will:**

- 2.1 Provide school hats which are appropriate and satisfy Cancer Council guidelines.
- 2.2 Provide pump packs of SPF 30+ broad-spectrum, water resistant sunscreen for students and staff.
- 2.3 Incorporate information sessions and programs on skin cancer prevention in PD/H/PE lessons.
- 2.4 Reinforce SunSmart Policy in a positive way through assembly awards, random hat day rewards; Newsletter items, stickers and bell time reminders.
- 2.5 Children with an allergy to sunscreen ingredients will be asked to provide their own sunscreen for individual use. All staff will be made aware of these children’s allergies.

### **3. When enrolling a child parents will be:**

- 3.1 Informed of the SunSmart Policy.
- 3.2 Requested to purchase a school hat for their child’s use each day clearly labelled with child’s name.
- 3.3 Encouraged to provide and use the SPF 30+ sunscreen at home to support the school’s efforts to make sun protection a healthy regular habit like teeth cleaning.
- 3.4 Encouraged to act as positive role models and practise skin protective behaviour themselves particularly when attending school functions.

## **EVALUATION**

**Monitor and evaluate the implementation of the SunSmart 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 year.