

Sun Safe Policy

1. Introduction

Australia has the highest incidence of skin cancer in the world.

There are four factors, often occurring simultaneously, that contribute to these statistics

- The population is predominately fair skinned
- Ultraviolet sunlight is of sufficient intensity to induce skin cancer in this susceptible 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. Research suggests that severe sunburn is a contributor to skin cancer and other forms of skin damage. Most skin damage and skin cancer is therefore preventable.

2. Purpose

St Philip Neri Catholic School can help reduce the incidence of skin cancer by encouraging all members of the school community to take effective skin protection measures. The purpose of this policy is to ensure that all students attending our school are protected throughout the year from skin damage caused by harmful ultraviolet light.

3. Outcomes

This policy will promote among students, staff and parents:

- 3.1 Positive attitudes towards skin protection.
- 3.2 Lifestyle practices which can help reduce the incidence of skin cancer.
- 3.3 Personal responsibility for and decision making about skin protection.
- 3.4 Awareness of the need for environmental changes in schools to reduce the level of exposure to the sun.

4. Implementation

As part of general skin protection strategies:

- Students will wear hats which protect the face, neck and ears whenever they are outside; e.g. sport, sports carnivals, outdoor excursions and activities.
- Students who do not have their hats with them will play in an area protected from the sun.
- A 'NO HAT - PLAY IN THE SHADE' strategy is in place.
- Students are encouraged to use available areas of shade for outdoor play activities. Outdoor activities will be held in areas of shade whenever possible.
- Where possible, teachers will schedule outdoor activities before 10 a.m. and after 2 p.m. (11 a.m. and 3 p.m. daylight saving time) whenever possible.
- Staff will be encouraged to act as role models by practicing SunSafe behaviour; i.e. wearing protective hats and appropriate clothing at all outdoor activities, using SPF 15 + broad spectrum water resistant sunscreen for skin protection, seeking shade whenever possible.

Our School will:

- Ensure that school hats are appropriate and satisfy Cancer Council guidelines.
- Ensure that adequate shade is provided at sporting carnivals and outdoor events.
- Ensure uniforms are protective, with collars and long sleeves.
- Provide adequate shelters and shade trees.
- Encourage and support the use of SPF 15+ broad-spectrum water resistant sunscreen for students and teacher activities.

When enrolling a child, parents will be:

- Informed of the SunSafe Policy.
- Requested to purchase a School Hat for their child's use.
- Encouraged to provide SPF 15+ broad-spectrum water resistant sunscreen for their child's use.
- Encouraged to act as positive role models and practice skin protective behaviour themselves, particularly when attending school functions.