

Skin Protection Policy and Implementation Strategies for Port Lincoln Primary School **(adapted from the Cancer Council of South Australia)**

Rationale

Australia has the highest incidence of skin cancer in the world, with skin cancers accounting for around 80% of all new cancers diagnosed each year in Australia.

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

1. The population is predominantly fair-skinned.
2. Ultraviolet light from the sun is of sufficient intensity to induce skin cancer in this susceptible population.
3. For many years social values have supported the belief that a suntan is healthy and attractive.
4. 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 ageing. Most skin damage and skin cancer is, therefore, preventable.

Schools are ideally placed to help reduce the incidence of skin cancer and the number of related deaths by encouraging all members of the school community to use effective skin protection.

Aims

The aims of the Port Lincoln Primary School Skin Protection Policy are to promote among children, 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 our centre to reduce the level of exposure to the sun.

Implementation

This policy is for implementation through out the year with special emphasis on terms 1 and 4 with the enforcement of no hat play in the shade policy. (this is under review for inclusion of hats for 4 terms)

The purpose of the policy is to ensure that all members of our primary school are protected from skin damage caused by the harmful rays of the sun.

It is an expectation that all staff, students and parents of Port Lincoln Primary School will use the following skin protection strategies:

1. Take particular care if in the direct sun between the hours of 10 am and 3pm
 - 1.1 All outdoor activity sessions will be held in shaded areas when ever possible and practical.
 - 1.2 Whenever possible, all outdoor activities will be scheduled before 10am and after 3pm, conducted indoors, or in the shaded areas of the school.

2. Use the shade of trees, pergolas, umbrellas and tents whenever outdoors.
 - 2.1 Tree planting will become an annual school event, with priority given to the open space grassed area and around the oval.
 - 2.2 The sandpit and play equipment area to be a priority for shade structure planning.
 - 2.3 The further provision of shade areas will appear as a priority on any forward planning documents for the school.
3. Wear appropriate clothing that protects the skin.
 - 3.1 Students, staff and parents will be expected to wear a broad brimmed legionnaire style hat (brim at least 7.5 cm) whenever they are involved in outside activities. Children not wearing an appropriate hat will be expected to play in the shade.
 - 3.2 Students will be encouraged to wear shirts with collars and at least elbow length sleeves, and longer style shorts/skirts.
 4. Students will be encouraged to apply a broad-spectrum, water resistant sunscreen with an SPF of 30+ to clean, dry skin, 15-20 minutes before going outdoors for lunch or curriculum activities. Sunscreen should be reapplied every two hours if outdoors for a prolonged period of time (ie sports days, excursions, camp), or more frequently if involved in water activities or perspiring.
 - 4.1 Adequate time must be allowed for students to apply sunscreen before going outdoors.
 - 4.2 Parents will be encouraged to supply sunscreen for their children, although there will be bulk sunscreen packs available in all classrooms.
 - 4.3 Sunscreen application will be encouraged before going out to lunch or any outdoor activity between 10am and 3pm.
5. Reinforcing the Sun Smart message in all school activities and in general school procedures is an important strategy in the adoption of the skin protection behaviours.
 - 5.1 Staff will be encouraged to role model appropriate Sun Smart strategies in all school activities.
 - 5.2 Skin cancer prevention will be included in the curriculum at each year level.
 - 5.3 Staff will be encouraged to keep up to date with new information and resources through contact with The Cancer Council South Australia's Resource Centre.
6. The Port Lincoln Primary School Skin Protection Policy will be reviewed on a two yearly basis with staff, SRC and Governing Council input.
 - 6.1 Policy issues will be discussed at staff, SRC and Governing council.

Implementation plan

Policy objective	Implementation strategies for consideration
<p>1. Take particular care if in the sun between the hours of 10am and 3pm, especially between the 1st September through to 30th April</p>	<ul style="list-style-type: none"> • Outdoor activities should be held in shaded areas. • Classes reschedule outdoor activities to occur before 10am and after 3pm whenever possible. • Scheduling and shade provision should be a specific consideration when planning excursions • Schedule longer recess breaks and shorter lunch breaks. Students get the same break time over the day but are not in the midday sun for as long. • Schedule fire drills for early in the morning or late in the afternoon. • Schedule sports day during term 2 or 3, when the UV levels are not as extreme. • Split sports days into two half days rather than one full day. • Conduct a twilight sports day and encourage more family involvement. • Roster classes in the activity room/gym for daily fitness over the middle of the day. • Offer indoor activities for students during the lunch break - consider some active activities when planning. • Conduct swimming lessons at an indoor pool at any time during the year.
<p>2. Use the shade of trees, pergolas, umbrellas and tents whenever outdoors.</p>	<ul style="list-style-type: none"> • Tree planting could become an annual family event at the school, with priority given to open spaced grassed areas. • The school will endeavour to maximise shade by the provision of shade structures and shade trees. Priority to be given to areas where children play for extended periods of time eg sand pit, fixed play equipment. • The further provision of shade to appear on all forward planning documents. • Have available shade tents and umbrellas for use during PE lessons and sports days. • Utilise shade areas around classrooms for student use – ie seating. • Build seating and tables under trees to provide shade for eating lunches and outdoor classroom activities. • Survey the areas around the school that provide the best shade, particularly at lunchtime – are these areas available for student use or are they "out of bounds"?

<p>3. Wear appropriate clothing, which protects the skin.</p>	<ul style="list-style-type: none"> • Students, staff and parents will be expected to wear a broad brimmed hat, legionnaire style hat whenever they are outdoors. Students not wearing an appropriate hat will be expected to play in the shade. • Students and staff will be encouraged to wear shirts with collars and at least elbow length sleeves, and longer style shorts and skirts/dresses. • The school insists that a legionnaire/broad brimmed hat is purchased by the family when students enrol. This is part of the school's uniform policy. • Spare hats may be kept at the school for students who forget their own. ** Consideration needs to be given to how these hats will be cleaned after use. • Staff will be expected to role model appropriate hat wearing.
<p>4. Apply a broad-spectrum SPF30+ sunscreen to clean dry skin 15-20 minutes before going outdoors.</p>	<ul style="list-style-type: none"> • Staff to provide their own hats. • Parents will be advised on enrolment of the requirement to dress students in appropriate sun protective clothing - ie shirts with collars and elbow length sleeves, longer style shorts/skirts and dresses. • Staff will be expected to role model appropriate protective clothing when outdoors. • Parents will be expected to wear sun protective clothing styles when involved in school activities. • Encourage children and adults to wear hats all year round. • The school will provide SPF 30+, broad-spectrum sunscreen for use by staff and students. • Parents/carers will be encouraged to apply sunscreen to children before arriving at the school. • If for some reason a child is unable to wear sunscreen, s/he will be required to cover up with a long sleeved top with a collar and wear an appropriate hat. • Staff will encourage all students to apply sunscreen before going outdoors for lunch. Students could be encouraged to apply their sunscreen, wash their hands, then eat their lunch. By the time they go outside the sunscreen would have been absorbed. Application of sunscreen twenty minutes before exposure to the sun is necessary for the sunscreen to be effective. • Sunscreen use will be encouraged before any outdoor activity between 10am-3pm.

<p>5. Reinforce the Sun Smart message in all school activities and procedures.</p>	<ul style="list-style-type: none"> • Staff will be expected to role model Sun Smart behaviours in all outdoor activities. • Skin protection will be incorporated into the regular teaching program and specific sun protection activities and themes will be applied at appropriate times. • Sun safety messages will be promoted to staff and parents. • Posters will be displayed and literature will be available to parents and carers. • Skin protection will be incorporated into enrolment information, excursion notes and school newsletters. • Parents will be informed, via noticeboards and newsletters of policy reviews.
<p>6. The Port Lincoln Primary School skin protection policy" will be evaluated on an ongoing basis. The evaluation will include student and parent feedback. Policy issues will be discussed at staff meetings.</p>	<ul style="list-style-type: none"> • Review Date November 2013