



## SUNSMART POLICY

### 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.

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 Magill School Skin Protection Policy are to promote:

1. Positive attitudes towards skin protection.
2. Lifestyle practices that can help reduce the incidence of skin cancer and the number of related deaths.
3. Personal responsibility for and decision making about skin protection.
4. Awareness of the need for environmental changes in our centre to reduce the level of exposure to the sun.

### Strategies:

- Sun safe hats (broad brimmed or legionnaires) are to be worn when outside for lessons or at play times during Terms 1 and 4. Students who do not have an appropriate hat will be directed to a shaded area to sit and play quietly. In terms 2 and 3 the wearing of hats is optional.
- Students will be encouraged to wear appropriate clothing that protects the skin eg collared shirts, sleeved garments.
- When temperature is 36 degrees or above the hot weather policy will be implemented.
- When planning outdoor spaces, consideration will be given to the planning of trees and to shade structures.
- Students will be encouraged to apply a broad-spectrum 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.
- The SunSmart message will be reinforced during school activities and through Health lessons.
- Current research will be used to influence our decision making around sun safety.

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