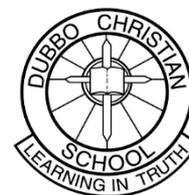


# Dubbo Christian School Policy

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## SUN SMART

RANGS Reference	3.6.2
Date of Last Review	January 2017
Board Approval Required	No
Owner	Deputy Principal

## RATIONALE

Australia has one of the highest incidences of skin cancer in the world. It is the most common form of cancer in Australia, affecting all age groups and accounting for 80% of all new cancers diagnosed each year.

Research indicates childhood sun exposure is an important contributing factor to the development of skin cancer in later life. Because students are at school during peak UV radiation times, schools play an important role in both minimizing students UVR exposure and positively impacting students' behaviour in relation to sun exposure.

All members of the school community will be encouraged to take effective skin-protection measures.

## AIMS

The aims of the Sun Smart Guidelines are to promote among students, 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 and timetable changes in schools to reduce the level of exposure to the sun.

## IMPLEMENTATION STRATEGIES FOR FAIR SKIN

These Guidelines are for implementation throughout the year with particular emphasis in Terms 1 and 4. The purpose of the guidelines is to ensure that all children attending our School are reasonably protected from skin damage caused by the harmful ultraviolet rays of the sun.

1. As part of general skin-protection strategies:
  - 1.1 Students will wear hats which protect the face, neck and ears whenever they are outside e.g. sport, sports carnivals, outdoor excursions and activities.
  - 1.2 Students who do not have their hats with them will play in an area protected from the sun.
  - 1.3 Students will be encouraged to use available areas of shade for outdoor play activities, and should eat their lunch in full shade.
  - 1.4 Students will be encouraged to wear SPF30+ broad spectrum, water resistant sunscreen when involved in outdoor activities, to apply it 20 minutes before going outdoors and to reapply every 2 hours.

- 1.5 Outdoor activities will be held in areas of shade whenever possible, and if possible before 10.00am and after 2.00pm (11am – 3pm in daylight saving).
- 1.6 Teachers will be encouraged to act as role models by practising Sun Smart behaviour:
  - \* wearing protective hats and appropriate clothing for all outdoor activities.
  - \* using a SPF 30+, broad-spectrum, water-resistant sunscreen for skin protection
  - \* seeking shade whenever possible.
- 1.7 Sun protection measures will be considered when planning outdoor activities and excursions, as will the availability of shade.

2. Dubbo Christian School will:

- 2.1 Ensure that school hats are appropriate and satisfy Cancer Council guidelines.
- 2.2 School uniform decisions will consider sunsafe strategies such as collars, long sleeves, SPF ratings, and sun protective swimwear.
- 2.3 Ensure that adequate shade is provided at sporting carnivals and outdoor events and that sun exposure is a consideration when completing risk assessments for these events.
- 2.4 Ensure that alterations to the school environment, particularly in areas where students gather, shall increase shade in school grounds, not decrease it. Tree planting and building of shelters shall be encouraged.
- 2.5 Provide SPF 30+, broad-spectrum, water-resistant sunscreen for staff and student use, whenever possible. Parents should inform the School if their children are allergic to certain types of sunscreen.
- 2.6 Incorporate programs on skin cancer prevention in its curriculum.
- 2.7 Reinforce the Sun Smart Policy in a positive way through newsletters, parents' meetings, student and teacher activities.
- 2.8 Consult with the school community about future plans for shade.
- 2.9 Encourage staff and students to wear close fitting wrap around sunglasses that cover as much of the eye as possible and comply with AS1067 (Sunglasses: Category 2, 3 or 4).

3. When enrolling a child, parents will be:

- 3.1 Informed of the Sun Smart Policy.
- 3.2 Required to purchase a School hat for their child's use.
- 3.3 Encouraged to provide SPF 30+, broad-spectrum, water-resistant sunscreen for their child's use, especially during intensive swimming, sports carnivals and outdoor excursions.
- 3.4 Encouraged to practise skin-protective behaviour themselves, including wearing of hats, sunglasses and SPF30+ sunscreen when attending school events.

Related Policies & Procedures	Person Responsible
Uniform Policy	Principal