CHATSWOOD PUBLIC SCHOOL SUNSMART POLICY

RATIONALE

Australia has the highest incidence of skin cancer in the world. Two out of three Australians develop some form of skin cancer before the age of 70.

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.

Chatswood Public 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.

OUTCOMES

Students, staff and parents will develop:

- 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 further environmental improvements in our school to reduce the level of exposure to the sun.

STRATEGIES

Children will wear sun-safe hats to protect the face, neck and ears whenever they are outside such as during recess, lunch, sport, excursions and sports carnivals.

The NO HAT, PLAY IN THE SHADE rule will be enforced. Children without hats play in the designated area.

Outdoor activities will be held in areas of shade where possible.

Teachers will endeavor to schedule outdoor activities before 10:00 am and after 2:00 pm whenever possible.

Teachers will integrate programs on skin cancer prevention, where appropriate, across all Key Learning Areas e.g. – Cancer Council Sun Smart Teaching Resource.

Teachers are in-serviced on the School Sun Safety Dec guidelines.

Promote and reinforce the Sun Smart Policy in a positive way through newsletters, assembly awards & K-2 hat awards, parent meetings and student/teacher activities & bell time reminders.
Parents will be informed about the Sun Smart Policy through the newsletter, an information sheet in the Orientation Package and details in School Information Books.

Staff, students and parents will be encouraged to practice Sun Smart behavior by:
- Wearing hats & appropriate clothing where possible
- Using SPF 30+ broad spectrum, water resistant sunscreen for skin protection
- Seeking shade whenever possible.

**EVALUATION**

**Monitor and evaluate the implementation of the Sun Smart Policy.**
- Monitor & record the skin protective behavior of the school community, the use of hats/clothing, sunscreen & shade, for example.
- Analyse the scheduling of outdoor activities
- review the policy regularly

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