

## SUNSMART SCHOOL & POLICY

### **Curtin Primary School is a SUN SMART School.**

To maintain and endorse this reputation the staff of Curtin Primary School has, after due consideration, adopted the following procedure, to advantage the children enrolled at the school.

### **Rationale**

Australia has the highest rate of skin cancer in the world, with 2 out of 3 Australians developing some form of skin cancer in their lifetime.

Skin damage, such as sunspots, blemishes, premature ageing and skin cancer, is the result of cumulative exposure to the sun. Research shows that severe sunburn contributes to this. Most skin damage and skin cancer is therefore preventable.

Much of this damage occurs in childhood and adolescence. Because children are at school when ultraviolet radiation levels are at their highest, schools are ideally placed to help reduce the risk and incidence of skin cancer and the number of related deaths by encouraging all members of the school community to use effective skin protection measures.

### **Aims**

The policy aims to:

- Provide ongoing education and promote personal responsibility for skin cancer prevention and early detection.
- Promote positive attitudes towards skin protection.

### **Implementation**

Curtin Primary School **will** as part of its Sun Smart Policy and strategies:

- Inform parents of the Sun Smart policy when they enrol their child.
- Require children to wear appropriate sun protective clothing whenever they are outdoors
- Advise parents that children should wear hats that protect the face, neck and ears: they should have an 8-10cm wide brim or be legionnaire style.
- Advise parents that children should wear shirts with collars, elbow length sleeves and longer skirts or shorts
- Plan these changes into the school dress code.
- Encourage children to use available shade for outdoor activities.

- Encourage staff and parents to act as positive role models by practicing all aspects of Sun Smart behaviour, including wearing sun protective hats for all school related outdoor activities.
- Encourage the daily application of sunscreen before school and 20 minutes prior to the lunch break, and for all outdoor activities.

### **Education**

- Incorporate programs on skin cancer prevention into the curriculum at all grade levels.
- Regularly reinforce Sun Smart behaviour in a positive way through newsletters, parent meetings, student, and teacher activities.
- Ensure that the Sun Smart policy is reflected in the planning of all outdoor events (eg camps, excursions, sporting events).

### **Environment**

- Schedule outdoor activities outside the time of 11am and 3pm, term 1 and 4 (10am and 2pm term 2 and 3), wherever possible, to avoid being in the sun during the peak UV time.
- Organise outdoor activities to be held in areas with ample shade whenever possible.
- Work towards maintaining or increasing the number of shelters and trees so as to provide adequate shade in the school grounds.

### **Evaluation**

*The Curtin School Board*, in consultation with the whole school community, will review the effectiveness of this policy regularly.

The Board will:

- Review the Sun Smart behaviour of students, staff, parents, and visitors, and make recommendations for improvement.
- Assess shade provision and usage and make recommendations for increases in shade provision.
- Update and promote curriculum material relevant to Sun Smart activities.