

RATIONALE

Australia has the highest incidence of skin cancer in the world with two out of three Australians developing some form of skin cancer during their lifetime. Over exposure to the sun during childhood and adolescence is known to be the major cause of skin cancer. It is our belief that all community members should be encouraged to make wise decisions about their health and wellbeing. Therefore students need to learn about the dangers of unprotected exposure to the sun's ultra-violet radiation and solarium usage, and to be aware of and able to use behaviours which protect their bodies from these dangers.

1.0 PURPOSE OF POLICY

The School Sunsmart Policy aims to:

- 1.1 Educate the school community about the harmful effects of the sun.
- 1.2 Encourage each student to live a 'Sunsmart lifestyle'.

2.0 PRINCIPLES

- 2.1 The School has a responsibility to teach and model Sunsmart behaviours.
- 2.2 The School's practices should support the policy through:
 - Timetabling wherever possible;
 - developing a sequential Sunsmart curriculum;
 - educating/publicising Sunsmart awareness to the school community
 - promoting appropriate Sunsmart behaviours
 - providing seating in shaded areas
 - providing signage in high sun areas that allow for “no hat - no play” zones from Sep 1st to April 30th
 - making sunscreen available to students eg: classroom bottles and at school events such as swimming days and for outdoor events

3.0 HOW THIS POLICY WILL BE PUT INTO PRACTICE

- 3.1 The curriculum will incorporate skin cancer prevention as part of the Health and Physical Education domain of Victorian Curriculum. The appropriate school based curriculum committees will oversee this.
- 3.2 Students, teachers and parents will model and actively encourage each other to:
 - wear hats,
 - use shade whenever possible
 - cover up in appropriate clothing
 - use sunscreen
 - wear sun glasses
- 3.3 Good Sunsmart behaviour will be regularly reinforced in a positive way through newsletters, parent meeting, student and teacher activities and having sunscreen available for student use.
- 3.4 Outdoor activities will, where possible, be timetabled during the most appropriate times of the day with particular care taken between 10am and 2pm (11am-3pm day light saving time)
- 3.5 From September 1st to April 30th
 - Wearing of hats outdoors will be compulsory for P-6 students and is strongly encouraged at 7-12. Signage will be on display in all open sun areas
 - The hat season will kick off with a P-12 Funny Hat Day

- Timboon P-12 hats are compulsory for P-6 students Young children learn from older models. All members of the Timboon P-12 School community will be encouraged to act as role models.
 - If U.V levels reach 3 and above outside the listed dates, hats will be encouraged
 - Primary Students without hats will be required to stay in the designated under cover areas
- 3.6 Outdoor shade areas with seating, through the use of trees, pergolas,etc, will be increased, as advised by the evaluation of the grounds by school council.
- 3.7 Parents will:
- be informed of the Sunsmart Policy in the newsletter, transition booklets and the school web site.
 - be expected to supply or purchase a Timboon P-12 school sun hat.
 - be encouraged to supply suitable broad spectrum, water-resistant sunscreen for their child's use.
 - be encouraged to practice sun protective behaviours themselves, especially when assisting at school activities.
- 3.8 The school Excursions and Camps guidelines will be followed for each excursion.
- 3.9 The first week of Term 4will be Sunsmart Week at the school and this will be reinforced during Term 1.
- 4.0 **EVALUATION**
- 4.1 The evaluation of the Sunsmart Policy will involve the following areas:
- review of the general Sunsmart health behaviour at school of student, teachers and parents. This would establish whether students, teachers and parents are adopting sunsmart protective behaviours.
 - continuing assessment of ongoing provisions for shade.
 - curriculum review of the skin cancer component of the Health and Physical Education domain of Victorian Curriculum
 - other points raised in Section 2.2