Penola High School

Sunsmart Policy

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

There are four factors, often occurring simultaneously, which contribute to these statistics:

1. The population is predominantly fair-skinned.
2. Ultraviolet light from the sun is of sufficient intensity to induce skin cancer in this susceptible population.
3. For most of this century, social values have supported the belief that a suntan is healthy and attractive.
4. Lifestyle, work, school and recreational habits expose people to the sun for long periods.

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 aging. 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 measures.

Aims
The aims of the Penola High School Skin Protection Policy 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 changes in schools to reduce the level of exposure to the sun.
Guidelines

This policy is for implementation throughout the whole school year with particular emphasis in Terms 1 and 4.

The purpose of the policy is to ensure that all members of our school community are protected from the damage caused by harmful ultra violet rays from the sun. All members of the school community will be strongly encouraged to use the following skin protection strategies.

1. Avoid being in the direct sun between the hours of 10am and 2pm (11am and 3pm daylight saving time).
   1.1 Whenever possible, all outdoor activities will be scheduled before 10am and after 2pm (11am and 3pm daylight saving time), conducted indoors or in the shaded areas of the school, if practical.
   1.2 School assemblies of duration longer than 10 minutes will be held in the hall.
   1.3 Athletics Trials will be scheduled during lessons 1 and 2.
   1.4 The hall and the library will be open for student use at lunchtime.

2. Use the of shade trees, pergolas and portable shades whenever outdoors.
   2.1 The PE faculty will make portable shades available for use during outdoor activity and/or excursions.
   2.2 Maximum use will be made of shaded areas during HPE lessons when practical.

3. Wear appropriate clothing which protects the skin.
   3.1 Students, staff and parents will be encouraged to wear a broad brimmed or legionnaire style hat whenever involved in outside school activities.

   4.1 Students will be encouraged to apply sunscreen before outdoor activities. Students will be encouraged to supply their own sunscreen, although there will be containers supplied in the PE area if needed.

5. Reinforcing the SunSmart message in classroom activities and in general school procedures is an important strategy in the adoption of the skin protection behaviours.
   5.1 Staff will be encouraged to role model appropriate SunSmart strategies in all school activities.
   5.2 Staff will be kept up to date with information and resources through the Anti-Cancer Foundation Newsletter.

6. The Penola High School Skin Protection Policy will be evaluated on an ongoing basis.
   6.1 Policy issues will be discussed at staff, SRC and parent meetings.