



## Sun Safety Information

### Rationale

Australia has the highest incidence of skin cancer in the world, with skin cancers accounting for around 80% of all new cancers diagnosed each year in Australia.

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.

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.

### Aims

The aims of the Fisk Street Primary School Skin Protection Policy are to promote:

1. Positive attitudes towards skin protection.
2. Lifestyle practices that can help reduce the incidence of skin cancer and the number of related deaths.
3. Personal responsibility for and decision making about skin protection.
4. Awareness of the need for environmental changes in our centre to reduce the level of exposure to the sun.

## Strategies at Fisk Street Primary

### Strategies:

Sun safe hats (broad brimmed only) are to be worn when outside for lessons or at playtimes during Terms 1 to 4. Students who do not have an appropriate hat will be directed to a shaded area behind the canteen. Students will be encouraged to wear appropriate clothing that protects the skin eg collared shirts, sleeved garments.

When temperature is 35 degrees or above or the UV levels are most intense, the hot weather policy will be implemented and students will remain indoors for play periods and lessons. Extra care will be taken between the hours of 10am and 3pm with lessons conducted in the gym where possible.

When planning outdoor spaces consideration will be given to the planting of trees and to shade structures.

Students will be encouraged to apply a broad-spectrum sunscreen with an SPF of 30+ to clean, dry skin, 15 -20 minutes before going outdoors for lunch or curriculum activities, made available through the front office. Sunscreen will be encouraged to be reapplied every two hours if outdoors for a prolonged period of time (ie sports days, excursions, camp), or more frequently if involved in water activities.

The Sun Smart message will be reinforced during school activities and through Health lessons. Current research will be used to influence our decision making around sun safety.

Staff and visitors to the school are also encouraged to act as role models by practising sun smart behaviours including wearing appropriate hats and clothing when outdoors.

Fisk Street Primary School conducts educational activities and programs that support sun smart behaviours as well as taking into account the need for maintenance of adequate vitamin D levels, also attained from the sun.

Parents or caregivers with any queries about sun safety at the school are encouraged to contact the school on (08) 8645 8842 and speak with the front office staff.

Policy and Procedure

# Sun Safety

Fisk Street Primary School  
Parent Information

