

CLYDE FENTON SCHOOL POLICY STATEMENT

POLICY AREA

SUN SMART PRACTICES

Rationale

Clyde Fenton School is a values-based learning community that has well being at the core of its operations. Being sun safe is one aspect of the long term well being of students.

Australia has the highest incidence of skin cancer in the world with 140 000 new cases and 1000 deaths each year. The NT has the highest incidence in Australia (per head of population), with 2 out of 3 people developing some form of skin cancer during their lifetime.

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

- The population is predominantly fair skinned.
- Ultraviolet light from the sun is of sufficient intensity to induce skin cancer in this susceptible population.
- Social values have supported the belief that a suntan is healthy and attractive.
- Lifestyle, work, school and recreational habits in the Northern Territory expose people to the sun for long periods of time.

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 prolonged and repeated exposure to high intensity UV radiation (and, particularly, 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. This is important in young children who have sensitive and easily damaged skin.

The purpose of this policy is to ensure that ALL children attending Clyde Fenton School are protected whenever possible from skin damage caused by the harmful ultraviolet rays of the sun.

Aim of the Policy

The aims of this policy are to promote amongst the students, staff and parents/carers:

- Increase student and community awareness about skin cancer and sun Protection
- Encourage the entire school community to use a combination of sun protection measures all year round
- Work towards a safe school environment that provides shade for students, staff and the school community
- Assist students to be responsible for their own sun protection
- Ensure that families and new staff are informed of the school's SunSmart policy

Implementation

In accordance with the stipulation of the Department of Employment, Education and Training (DET) all Northern Territory schools are required to adopt a compulsory school uniform policy.

The compulsory school uniform at Clyde Fenton School includes:

- School Polo Shirt – which can include
 - CFS Shirt
 - House Shirt
 - Year 6 Shirt
 - Leadership Shirt
 - Rivers Cluster Shirt
- **Broad-brimmed** Hat (*not a baseball cap*); *the Clyde Fenton School bucket-style hat embroidered with the school logo and trimmed in House colours is preferred.*
- Closed in **shoes**
- **Shorts/skirts/skorts** are at the discretion of the family, preferably black or *royal blue* in colour and *longer length to comply with SunSmart policy*. The office offers a variety of acceptable shorts for families to purchase.

Revealing or tight fitting shorts/skirts will not be tolerated and the student will be loaned some alternative clothes from a store in the office in the case of this event.

The School offers a second hand clothing stall and sells second hand shirts at a very reduced cost in order to assist families in complying with this policy.

Shoes

It is Clyde Fenton school policy that all students must wear shoes to school. If students do not wear shoes to school they will be reminded of the rules and asked to bring shoes the next day. Students who do not wear closed in shoes to school must play in the undercover area at recess and lunch. Students who do not wear closed in shoes to school will be unable to participate in excursions. *Thongs, sandals, high heels and "crocs"-type shoes are not acceptable.*

Hats

The wearing of a broad-brimmed (*NOT baseball cap*) hat outdoors is compulsory. Children will not be allowed to play in the sun if they do not have a broad brimmed hat. *School hats, trimmed in House colours, can be purchased at the school office.*

Recognition / Encouragement

Students will be awarded CFS dollars which they can use to purchase items from the CFS shop each Friday as follows:

- \$1 CFS if they are at school on time
- \$1 CFS if they have a school shirt, closed in shoes and any wide brimmed hat
- \$1 CFS if they have a CFS or Rivers bucket style hat.

If students claim the CFS dollar for having the wide brimmed hat and then wear another one they may lose their CFS dollar.

Sun Protection strategies

All students and staff use a combination of sun protection measures throughout the day to ensure they are well protected. Particular care is taken between 10 am and 3 pm when UV levels reach their peak.

The SunSmart policy is considered when planning all outdoor events e.g. assemblies, camps, excursions and sporting events. Where possible, we have outdoor activities or events earlier in the morning or later in the afternoon.

1. Shade

The school council makes sure there is a sufficient number of shelters and trees providing shade in the school grounds particularly in areas where students congregate eg. Lunch area, canteen, outdoor lesson areas and popular play areas.

In consultation with the school council, shade provision is considered in plans for future buildings and grounds.

The availability of shade is considered when planning excursions and outdoor activities. Students are encouraged to use available areas of shade when outside. Students who do not have appropriate hats or outdoor clothing are asked to stay in the shade.

2. Clothing

Sun protective clothing is included in our school uniform. School clothing is made of close weave fabric and includes shirts with collars and longer sleeves and longer shorts. Rash vests or t-shirts worn over the top of bathers are recommended for outdoor swimming.

3. Hats

Students are required to wear hats that protect their face, neck and ears, i.e. legionnaire, broad-brimmed or bucket hats whenever they are outside. Please note that Baseball-style caps do not offer enough protection to protect the ears and neck and are therefore not acceptable.

4. Sunglasses [SUGGESTED]

Students and staff are encouraged to wear close fitting, wrap around sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible. Sunglasses worn to/at school must be clearly labelled with the owners name.

5. Sunscreen

We recommend SPF 30+ broad spectrum, water resistant sunscreen being applied prior to school each day. This is of particular importance when your child is engaged in swimming and sporting activities.

6. Role Modelling

Staff act as role models by:

- wearing sun protective hats, clothing and sunglasses outside
- applying SPF 30+ broad spectrum, water resistant sunscreen
- seeking shade whenever possible

Families and visitors are encouraged to use a combination of sun protection measures (sun protective clothing and hats, sunglasses and sunscreen) when participating in and attending outdoor school activities.

7. Curriculum

Sun protection and skin cancer awareness programs are incorporated into appropriate areas of the school curriculum.

Students are encouraged to be involved in initiatives to promote and model sun protection measures to the whole school community.

SunSmart behaviour is regularly reinforced and promoted to the whole school community through parent prospectus, newsletters, school homepage, parent meetings, staff meetings, school assemblies, student and teacher activities and on student enrolment.

Monitoring and Evaluation

The school council and staff monitor and review the effectiveness of the sun protection policy every three years and revise the policy when required.

Endorsed: February 2010

Next policy review: February 2013.

References / Further Information

The Cancer Council Northern Territory

Ph: 8927 4888

FAX: 8927 4990

Email: healthpromotion@cancernt.org.au