Great Lakes College
Forster Campus

Sun Safe Practices

Rationale

Australia has the highest rate of skin cancer in the world with 140,000 new cases and 1,000 deaths each year.
There are four factors, often occurring simultaneously, which contribute to these statistics:
• The population is predominately fair skinned.
• Ultraviolet light from the sun is of sufficient intensity to induce skin cancer in the susceptible population.
• Social values have supported the belief that sun tan is healthy and attractive.
• Lifestyle, work, school and recreational habits in Australia 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 severe sunburn is a contributor to skin cancer and other forms of skin damage such as wrinkles, sunspots, blemishes and premature aging. Most damage and skin cancer is, therefore, preventable. This is important in young children who have sensitive and easily damaged skin.

The purpose of the policy is to ensure that ALL students attending Forster Campus 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:
• Positive attitudes towards sun protection
• Lifestyles practices which can help reduce the incidence of skin cancer and the number of related deaths, eg. hats, sunscreen, suitable clothing
• Personal responsibility for their own skin protection
• Helping others to understand the need for skin protection
• Awareness of the need for possible environmental changes within the community to reduce the level of exposure to the skin, eg plant trees, put protective shade up.
Implementation
As part of the general skin-protection program:

Students:
- Should-Will be encouraged to wear suitable hats which protect the face, neck and ears and whenever they are outside eg walking to and from school, sports, outdoor excursions and activities;
- Should-Will be encouraged to use sunscreen;
- Will be encouraged to wear sunglasses when outdoors;
- Who do not have sun protection will be asked to remain in an under cover area of the school or the shade;
- Will be encouraged to use available areas of shade for outdoor play activities especially on very hot days;
- Should-Will be encouraged to make full use of the 'bubblers' especially on very hot days.

Staff
Will be asked to act as role models and encouraged to:
- Wear protective hats, sunglasses and appropriate clothing during outdoor activities;
- Use sunscreen whenever possible;
- Seek out shade whenever possible;
- Minimise outdoor activities during peak times (10am -2pm or 11am - 3pm DST) whenever possible, especially during Term 1 and 4.
- Ensure that adequate shade is available.

Great Lakes College will:
- Ensure that adequate shade is available for use at sporting carnivals and outdoor events;
- Provide shelters and shade trees as required;
- Provide lessons education on sun safety.

Parents
- Should provide an appropriate hat, sunglasses for their child's use.
- Are encouraged to provide sunscreen for and teach their child how to use sunscreen, preferably a SPF 30+, broad spectrum, water resistant type
- Are encouraged to set an example by practising skins-protection behaviour themselves.

Physical Education lessons are compulsory for all students as this is part of the curriculum of all NSW public schools. All students will be expected to participate in these activities even if they do not have their hat.