Cancer Council SA

SunSmart secondary school policy guidelines.

SunSmart®

Acknowledgements.

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Contents.

Introduction.

What is skin cancer?

Skin cancer is a disease of the skin's cells, with the majority of skin cancers being caused by overexposure to the sun's ultraviolet (UV) radiation.

Australia has one of the highest rates of skin cancer in the world. Medicare records show there are over a million treatments for non-melanoma skin cancers each year in Australia – more than 3,000 skin cancer treatments each day.

At least two in three people are diagnosed with some form of skin cancer in their lifetime. Every year, over 2,000 people die from skin cancer, with 66 per cent of those deaths due to melanoma.

Melanoma is the most dangerous form of skin cancer and is also the most common cancer diagnosed in young Australians aged 15-29 years.

There has been a recent decline in melanoma rates in South Australians under forty. These recent changes illustrate the importance of decreased UV exposure in childhood as a key contributor in lowering skin cancer risk later in life.

It is estimated that 95–99 per cent of skin cancers are caused by overexposure to UV radiation. Therefore, many skin cancers can be prevented by adequately protecting the skin from overexposure to damaging UV radiation.

Sun exposure during childhood and adolescence is a major factor in determining future skin cancer risk. Schools can make a significant contribution to lowering the risk of childhood skin damage by implementing comprehensive policy and practice that protects the students in their care and encourages the development of positive sun protection habits which are important throughout the lifespan.

What causes skin cancer?

UV radiation from the sun causes skin damage.

Too much UV radiation from the sun can cause sunburn, skin damage (e.g. wrinkles, blotches and other signs of ageing), eye damage and skin cancer.

Skin damage from UV radiation adds up over time causing permanent damage to our DNA, increasing the risk of skin cancer occurring.

The UV radiation level is determined by a number of factors including:

- time of year - the angle of the sun to the earth's surface changes throughout the year
- time of day - UV radiation levels peak over the middle of the day when the sun is directly overhead
- where you live - the closer your location is to the equator, the higher the UV levels will be year-round.

UV radiation cannot be seen or felt and is different to infra red radiation (heat), therefore UV levels are not related to temperature.

UV radiation can be high even on cool and cloudy days, so clear skies or high temperatures can't be used to determine when sun protection is needed.

A UV radiation level of 3 is high enough to cause damage to unprotected skin, therefore it is important to protect skin when the UV radiation level is 3 and above. In South Australia, the UV radiation levels are 3 and above from the beginning of August to end of April. The UV radiation level may also be 3 and above from May to July so it is important to check the UV radiation levels daily.

The UV Index and daily sun protection times

The Global Solar UV Index is a rating system developed by the World Health Organization (WHO) that measures the amount of UV radiation at the earth's surface.

It has five categories which are detailed below. The higher the UV Index value, the greater the potential for skin damage. Sun protection is required when the UV Index is 3 and above.

11+	Extreme
8, 9, 10	Very High
6, 7	High
3, 4, 5	Moderate
1, 2	Low

The sun protection times are issued daily by the Bureau of Meteorology (BOM), when the UV Index is forecast to reach 3 and above.

When the sun protection times are issued, sun protection measures are recommended during the times indicated ie. 9.00 am - 5.00 pm.

The sun protection times are reported on the weather page of all major Australian daily newspapers, on the BOM website **bom.gov.au/sa/uv** via the **SunSmart Global UV app** or **SunSmart widget**, and via **myuv.com.au**.

Sun exposure and vitamin D—a healthy balance

A balance between sun protection to lower the risk of skin cancer, and sun exposure for the production and maintenance of Vitamin D is important for general health, and normal growth and development of bones and teeth.

The sun's ultraviolet (UV) radiation is both the major cause of skin cancer and the best natural source of vitamin D. In Australia, we need to balance the risk of skin cancer from too much sun exposure with maintaining vitamin D levels.

Sensible sun protection when the UV is 3 and above does not put people at risk of vitamin D deficiency.

When should I protect my skin?

Whenever the UV level is 3 and above, UV radiation is strong enough to cause skin damage and therefore skin cancer.

UV Index 3 and above

When the UV level is 3 and above, a combination of sun protective measures (broad-rimmed hat, sun protective clothing, SPF 50+ broad-spectrum, water-resistant sunscreen, sunglasses and shade) is recommended when outdoors.

In South Australia, the UV Index is generally 3 and above from 1 August until 30 April.

UV Index below 3

Generally, when the UV Index is below 3, it is recommended that people are outdoors in the middle of the day with some skin uncovered on most days of the week to support vitamin D production. Being physically active while outdoors will further assist with vitamin D levels.

In South Australia, during May, June and July, the UV Index should be monitored for your location.

Use the **SunSmart Global UV app** or **SunSmart widget** or visit **bom.gov.au/sa/uv** or **myuv.com.au** to monitor the sun protection times, which is when the UV Index forecast is 3 and above.

SunSmart implementation times for Schools

Sun protection policies should outline adequate sun protection measures and be in place during terms 1, 3 and 4 (or from 1 August to 30 April) and any other time the UV Index is 3 and above.

Staff are encouraged to check the local sun protection times each day during term 2 to determine when sun protection is necessary.

If your location is in or south of Kingston SE or Naracoorte due to lower latitude, during August your school can choose to implement sun protection only when the UV is 3 and above. Procedures must be implemented to ensure sun protection times are monitored daily.

If your location is in or north of Elliston, Cowell, Burra or Port Broughton it is particularly important to monitor sun protection times during May, June and July due to higher local UV Index from being closer to the equator.

Steps to being SunSmart

When the UV Index level is 3 and above, use a combination of five SunSmart steps whenever you are outside to protect against skin damage and skin cancer.

1. Slip on sun protective clothing

Cover as much of the skin as possible with cool, loose fitting clothes. The higher the UV protection factor (UPF) of the fabric, the greater the protection provided.

When clothing doesn't have a UPF label, look for fabrics that are closely woven and darker in colour. The tighter the fabric structure, whether knitted or woven, the better the protection from UV radiation.

Aim to offer school uniform that protect areas of the body at higher risk of skin damage such as the legs, shoulders, arms, chest and neck. Shorts or skirts that reach the knee, tops with sleeves that are at least elbow length and collared or polo shirts provide good protection to these high risk areas.

2. Slop on SPF 50+ sunscreen

Apply SPF 50+ broad-spectrum, water-resistant sunscreen to skin not protected by clothing at least 20 minutes before going outdoors. Reapplication every two hours is essential if remaining outdoors. Most people don't apply enough sunscreen, so frequent reapplication is important to maintain maximum sun protection. Sunscreen should be stored below 30 degrees, and used before the expiry date.

It's recommended that schools have a sunscreen application and reminder process in place before going outdoors. Secondary school aged students should be encouraged to take responsibility for their own sun protection. Staff should be encouraged to provide regular prompts and reminders for students to apply sunscreen before going outdoors.

Sunscreens with titanium dioxide or zinc oxide scatters UV radiation away from the skin, and are less likely to cause problems with sensitive skin.

3. Slap on a hat

Choose hats that provide good shade to the face, back of the neck, eyes and ears. A good sun hat can also help protect the eyes by reducing the amount of UV radiation by 50 per cent.

Suitable sun protection hats include:

- legionnaire hat with a flap at the back to protect the neck—the flap and front peak should overlap
- bucket hat with a deep crown and angled brim that sit easily on the head
- broad-brimmed hat.

Baseball caps do not offer enough protection for the cheeks, ears and neck and are not an acceptable choice for sun protection.

Schools have succeeded in making hat wearing an accepted part of school life by making clear school rules about uniform dress code, which are supported by management and staff, and students are expected to follow.

4. Seek shade

Shade is a key element of a school's sun protection strategy and alone can reduce overall exposure to UV radiation by about 75 per cent. Shade should be correctly designed to offer the greatest coverage during peak UV radiation times and peak periods of use. For best protection, choose shade that has extensive overhead and side cover and is positioned away from highly reflective surfaces.

Shade is required for outdoor areas where students congregate, but some areas will have a higher priority than others. It is best to focus on areas where outdoor activities are likely to occur, and areas that students use during breaks that occur during peak UV times of the day,

When planning outdoor events on school grounds or at external venues, shade should be considered.

To assess the quality and need for shade in your location, use our **shade comparison check**.

For more information about shade design at your school, read our **Fact Sheet on Shade**.

5. Slide on some sunglasses

If practical, encourage students to wear sunglasses when outdoors. Sunglasses and a hat provide very good eye protection. Look for sunglasses that:

- are a close fitting, wraparound style that cover as much of the eye area as possible
- meet the Australian Standard AS/NZS 1067.1:2016 (Sunglasses: lens category two, three or four)
- are preferable marked eye protection factor (EPF) 10.

Novelty and some fashion labelled tinted glasses do not meet the requirements for sunglasses under the Australian Standard and should not be used for sun protection.

Is skin protection a school issue?

Research shows that overexposure to the sun's UV radiation during childhood and adolescence increases the risk of developing skin cancer.

Students are at school five days a week throughout the high risk period of the day. Adequate sun protection whilst at school is crucial in decreasing a student's risk of developing skin cancer later in life. Schools can play a significant role in changing behaviours through education and are well placed to protect students with good sun protection policy and practice.

For further information

Cancer Council SA has various resources to help share the sun protection message with your school community. These resources include posters, brochures, information sheets, lesson activities and teaching resources. Information regarding the SunSmart program and SunSmart policy guidance are also available. Visit cancersa.org.au/sunsmart-program.

For more advice on sun protection or skin cancer see your doctor, or call Cancer Council 13 11 20.

Useful web links

Australian Radiation Protection and Nuclear Safety Agency (ARPANSA) **arpansa.gov.au**

Bureau of Meteorology (BOM) **bom.gov.au/places/sa/adelaide/forecast/**

MyUV **myuv.com.au**

Generation SunSmart free learning modules **generationsunsmart.com.au/online-learning/**

Skin cancer—an important school issue.

Schools have a duty of care to students

In general, duty of care refers to the need to protect students against foreseeable harm.

All staff must take reasonable steps to reduce the risk of foreseeable harm to students.

Sunburn is a foreseeable outcome of overexposure to UV radiation and there is considerable evidence linking UV radiation exposure and a history of sunburns, particularly during childhood and adolescence, to the development of skin cancer. It should also be remembered that permanent skin damage may occur without any sign of sunburn or tanning.

Every teacher has a duty of care towards every student under their supervision, by virtue of the conditions of the teacher's employment, and by virtue of the common law principles of negligence.

Any activity that involves students being outdoors should be seen as potentially placing them at risk of sunburn and skin damage, and subsequent skin cancer, so it is important to understand how to assess and manage this risk.

Legal action has occurred in some states as a result of students being sunburnt during school organised activities, particularly all-day events such as swimming carnivals and excursions.

Work Health & Safety (WH&S)

Exposure to UV radiation has been accepted as an occupational hazard for people who spend all or part of their working day outside. It is estimated that 95 per cent of skin cancers can be prevented by reducing UV exposure. Educators that spend all or part of their day outdoors can receive up to ten times more UV exposure than an indoor worker. In South Australia, under the Work Health and Safety Act 2012 all staff must take reasonable steps to reduce the risk of foreseeable harm to themselves. When the UV is 3 and above, staff are to practice SunSmart behaviours.

A useful reference document is **'Guide on Exposure to Solar Ultraviolet Radiation (UVR) 2019'** from Safe Work Australia.

How can my school protect our staff and students?

Schools can play a major role in protecting staff and students and reducing their risk of developing skin cancer in future years as evidence shows:

- the crucial period for sustaining damaging levels of UV radiation exposure occurs during childhood and adolescence
- students are at school during high-risk UV radiation times five days a week
- schools, in partnership with families and their communities, can play a significant role in reducing exposure and changing behaviours through policy, education and role modelling.

School communities have a responsibility to implement skin cancer prevention strategies in the interests of student and staff health and welfare. Strategies must be practical in the context of the school's environment and circumstances.

It is recommended that all schools implement a comprehensive sun protection policy during terms 1, 3 and 4 (or 1 August to 30 April), and when the UV radiation level is 3 and above at other times, and that the policy covers the areas of:

- curriculum
- the environment (shade)
- sun protection behaviours (clothing, hats, sunscreen)
- scheduling of outdoor activities to minimise exposure during peak UV radiation times
- role modelling and WH&S risk controls.

Department for Education requirements

Department for Education schools and early childhood education services must have a sun protection policy in place to meet their duty of care and work health and safety obligations outlined in the department's Safety Management Procedure. The policy must be in place in terms 1, 3 and 4 (or from 1 August to 30 April) and whenever the UV radiation level is 3 and above at other times, and must address how the site will comprehensively address the risk of over exposure to UV radiation. Review the department's Intranet page on 'sun exposure' for further details.

The process for developing your policy.

The process of developing a sun protection policy is as important as the policy itself. All stakeholders of the school community need to be consulted and given an opportunity to comment on the draft.

The policy is more likely to be adhered to if all those affected have been involved in its development and agree and understand its intent. These steps can be used as a guide:

Step 1: Form a committee

The committee may include any of the following members: principal, teachers, students, parents, health/physical education coordinator. The committee's role is to make recommendations about the content of the policy, to develop and circulate a draft and to prepare the final version of the document. They do this on behalf of the school community.

Once a sun protection policy is in place, an existing committee, such as the Student Wellbeing Committee, could monitor its long-term implementation.

Step 2: Conduct information sessions

The whole school community (parents, staff and students) needs to be aware of the dangers of overexposure to the sun, especially during childhood and adolescence.

Cancer Council SA can provide awareness raising sessions for parents and staff which will assist in gaining support for the implementation of a sun protection policy.

Step 3: Identify sun protection measures that are already in place

Use the SunSmart Policy Checklist for secondary schools to compare your current sun protect practices (and policy, if existing) to those recommended for secondary schools.

The SunSmart policy implementation times guide for secondary schools can be shared with your committee. The guide provides information on how the UV Index changes throughout the year in SA.

Step 4: Write and review

The policy should contain defined goals and clear statements on the implementation of sun protection strategies that accurately reflect your setting.

We recommend using our **SunSmart sample sun protection policy template** and/or **policy checklist for secondary schools** to assist in developing or reviewing your policy.

The SunSmart policy guidance and FAQ's for secondary schools provides answers for any questions you may have.

Step 5. Submit an online application

By completing an online application via **cancersa.org.au/sunsmart-program**, your school will obtain policy feedback from Cancer Council SA and apply to be recognised as a SunSmart school.

Allow approximately 40 minutes to complete the **online application**, alternatively the applicant can return to the partly completed application as many times as they need, using a unique link sent via email.

Once the application has been submitted, the SunSmart team will review the application and policy and provide feedback (if any).

For more information on the application process see How to become a SunSmart school on page 14.

Once any feedback from the SunSmart team has been reviewed and considered, the draft policy can be made available for staff and appropriate decision makers to review and approve (e.g. Governing Council, leadership staff, school board, management committee).

Step 6: Implement the policy

Once the policy is finalised and approved, ensure it is provided to all staff, and publicised to the school community, including the school website. Include the policy in all teacher induction packages and student enrolment packages.

See our implementation tips on page 10 for more ideas.

Step 7: Monitor and evaluate your sun protection policy

A policy is only as good as its implementation. Routinely promote your policy by:

- briefing all new staff
- including sun protection as a set agenda item on relevant committee meetings at appropriate times (e.g. first staff meeting of the year, and start of term 3)
- including information in your parent handbook
- using newsletters and assemblies to promote sun protection.

Review the effectiveness of the policy after a set time period. Involve students where possible. Evaluation strategies could include:

- conducting a brief survey
- making observations (e.g. the number of students wearing hats)
- assessing shade provision
- conducting a curriculum audit.

SunSmart recognition lasts for three years, after which a policy and practice review and an online application is completed.

Implementation tips for secondary schools.

Consider the following SunSmart tips to help with implementing your sun protection policy and to create a SunSmart culture at your school.

Tips

1. Considering UV radiation levels when planning any outdoor activities

- arrange outdoor assemblies and fire drills outside peak UV times
- shorten lunchtimes and have a longer morning break on days when the UV is 3 and above
- hold swimming activities at an indoor venue
- schedule excursions, outdoor swimming or sports lessons early in the morning to avoid having students exposed in peak UV times
- alter physical education (PE)/sports lessons/outdoor swimming timetables to avoid having the class in peak UV radiation times.

2. Using shade as much as possible

- evaluate the use of current shaded areas and areas where students congregate at peak UV radiation periods, particularly lunchtimes
- plan to increase shade at your school
- undertake a shade audit to ensure all shade possibilities are explored and shade is planned for the future
- purchase and provide portable shade for use in school lessons, special events and school sport (e.g. tents, umbrellas)
- make it a requirement that students use shaded areas while waiting to participate in activities during sports days and physical education lessons
- ensure that competitors' marshalling areas are shaded throughout sports carnivals
- provide shade options for students and staff on excursions and camps
- ensure shade is available for breaks on outdoor excursions.

3. Including sun protective styles of clothing as part of school uniform/ dress code

- ensure hats and sun protective clothing are required as part of the school uniform/dress code
- encourage staff to act as positive role models by wearing appropriate clothing when outside
- ensure the design of clothing currently worn at school, including that used for PE/sports, provides adequate protection from UV radiation (e.g. collared shirts with at least elbow length sleeves, long shorts/skirts/dresses)
- form a uniform committee and include students to look at and discuss style options
- ensure sun protective clothing and hats is a requirement for all camps and excursions.

4. Requiring students and staff to wear a hat that protects the face, neck and ears when outdoors

- ensure a sun protective hat is part of the school uniform and remove unsuitable options (such as caps)
- encourage staff to act as positive role models by wearing an appropriate hat when outside
- make the wearing of broad-brimmed, bucket or legionnaire style hat mandatory during terms 1, 3 and 4 and whenever the UV reaches 3 and above at other times
- stock approved hats that can be purchased from the uniform shop.

5. Supplying, and actively encouraging the application of SPF 50+, broad-spectrum, water-resistantsunscreen before outdoor activities

- for sunscreen to be most effective it should be applied 20 minutes before going outdoors and reapplied every two hours, or after swimming, towel drying or perspiring
- educate the school community about the correct use of sunscreen and the level of protection it provides
- actively encourage students to apply sunscreen, particularly before the morning and lunch break
- sunscreen application before school can assist with providing protection during morning outdoor activities
- provide sunscreen at various points around the school

- please ensure it is out of direct sun and is stored below 30 degrees, and used before its expiry date
- allow class time for students to apply sunscreen
- incorporate the application of sunscreen into the lunchtime and physical/outdoor education routine (e.g. students apply sunscreen, wash hands, eat lunch)
- consider the different types of sunscreen available and discuss preferences with students.

6. Allowing the wearing of sunglasses (optional)

- discuss eye protection and safety implications with staff, parents and students
- source wraparound style sunglasses with an EPF10 for maximum protection
- uniform shop to stock approved 'school sunglasses' that students can wear.

7. Reinforcing the SunSmart message in all school activities

- incorporate lessons on sun protection at all year levels
- reinforce sun protection strategies through role modelling
- conduct a UV risk assessment for staff and students
- include regular SunSmart articles in the school's newsletters, particularly during terms 1, 3 and 4
- include sun protection messages at school assemblies
- conduct a 'SunSmart Day' each year to raise awareness in the school community
- book a speaker from Cancer Council SA to talk to staff and parents about skin cancer prevention.

8. Monitoring your policy

- make a commitment to review the policy at least every three years
- nominate a committee and/or person within the school to take responsibility for reviewing the policy
- contact Cancer Council SA to ensure that up to date information is maintained in relation to resources and policy information.

9. All day events

Severe sunburn is likely when students are outside and unprotected for long periods of time. The risk of skin damage on sports days and all-day excursions is high. Planning for outdoor events is vital to reduce UV exposure and skin damage for staff, students and spectators. Some suggested strategies include:

- Reschedule the event to minimise time outdoors during peak UV times if possible.
- Consider conducting twilight or indoor events, or early morning events over a couple of days.
- Where possible, consider how sun protection at interschool sporting events can be improved, and discuss this with the relevant sporting associations.

Consider the following strategies:

Prior to the event

- visit the venue to work out how much shade will be required
- organise portable shade structures—some local councils may hire or lend tents
- consider sharing the purchase of portable shade structures with neighbouring schools
- work out the best way to structure the day to maximise shade, given that it will move
- plan to provide plenty of sunscreen , and whether the school or students will be required to provide it
- inform students, parents and staff that sun protection will be a priority and outline strategies to be undertaken
- encourage spectators to bring umbrellas or tents to supplement planned shade
- recommend that broad brimmed/bucket hats and long-sleeved clothing be worn by all spectators and participants when not competing
- promote a hat competition as part of the sports day
- promote house points or prizes for people covering up and encouraging others to do so
- remind participants to bring additional clothing to provide skin protection after they complete their events
- promote the sun protection message in all printed information about the day
- make sun safe hats and clothing compulsory , and communicate if students are required to provide their own sunscreen.

On the day

- provide enough shade for spectators
- ensure shade is available where food and drinks are provided
- provide shade for competitors and officials, where possible ensure students have shade while waiting for transport
- arrange for protective clothing to be taken to participants at the finish of events
- encourage students, staff and parents to wear clothing that covers most of their skin
- consider including creative events to reinforce the sun protection message—conduct a mad hatter's competition or a tug of war between teams wearing different styles of hats
- provide sunscreen at various locations
- assign students (e.g. non-participants or members of the student representative body) to circulate with sunscreen
- give regular reminders about sun protection over the public address system.

Curriculum activity ideas.

Below are some suggestions for incorporating sun protection into the curriculum.

Raising awareness about sun protection amongst students:

- Ask students to record their activities over a week, and assess when and where they believe they were at risk of skin damage. Include the types of activity they were doing at the time, and what they did to reduce their risk (if they did).
- Discuss issues relating to sun protection in different situations. What influences their decision to protect or not protect themselves from UV exposure? Do these factors vary according to different circumstances?
- Involve students in developing a sun protection plan for a sports carnival, fete, excursion or camp. Think about timing of activities, sun protective clothing, temporary shade and strategies to encourage spectators to protect themselves too.
- Ask older students to develop a quiz for younger students about sun protection. Be sure to include accurate answers!

Raising awareness about sun protection in the wider school community

- Focus on a particular sun protection issue or strategy. This might be a general sun protection message, or focus on a specific aspect of sun protection:
  - the nature of UV radiation (e.g. peak times, the fact that UV radiation can't be seen or felt and is not related to temperature, effect of UV radiation on the skin, etc. and the implications of this for prevention strategies)
  - appropriate use and storage of sunscreen (eg. correct application and reapplication, what the terms SPF, broad spectrum and water resistant mean, and the role sunscreen plays in reducing the risk of overexposure to UV radiation)
  - skin cancer and the other damage that exposure to UV radiation causes (e.g. why and how the damage is caused, latest statistics, types of skin cancer and other types of damage UV radiation causes)
  - why early detection is SO important! (e.g. how to check the skin and what to look for, what to do if concerned about a spot, etc.)

Assessing and improving the availability of shade within the school ground:

- Involve students in conducting an observational study of where students congregate at peak UV times of the day, especially lunchtime. Ask students to draw a map of school grounds, and observe how many students use particular areas, and what activities students are doing out in the sun. Repeat at different times of the day, and days of the week
- Ask students what they think! Do they use the current shade areas? Why/why not? Where do they think new shade areas could be created, and what kind of areas could they be?

Consider how clothing and sunscreen can be used as part of sun protection strategies:

- Review the sun protective properties of the current school uniform. Consider factors such as the length of sleeves, skirts and shorts, collars on shirts, colour, fabric weave and types of hats available or recommended. What can be improved?
- Conduct a sunscreen survey to assess:
  - how many students have access to sunscreen
  - are they using it?
  - do they know where to find it at school?
  - do they know how to apply it correctly?

Encourage responsible decision-making by students to reduce their risk of skin damage:

- Ask students to brainstorm as many behaviours as they can that reduce the risk of skin damage due to sun exposure.

As a class, discuss these scenarios, and discuss the best solutions

- Scenarios could include:
  - My friend thinks I look better with a tan. I know I should wear a hat but it's just not cool.
  - Our tennis matches are always scheduled for the middle of the day and I burn easily.
  - Our local swimming pool has no shade.
- Alternatively, students could develop their own scenarios and swap them with a partner.

Encourage students to be proactive in identifying where UV exposure is most prevalent, and develop strategies to reduce risk:

- students choose a local facility where outdoor activities are held, and
  - assess when users are at risk of overexposure to UV, and under what circumstances.
  - develop strategies to reduce exposure, that management at the facility could implement.
  - develop recommendations that users could adopt, to reduce their exposure to UV.

This might involve finding out who uses the facility and when, and visits to the facility at different times to assess shade availability. It could be done in small groups, with different groups allocated to specific tasks.

Need more ideas?

Visit **sunsmart.org.au**

Making SunSmart decisions: secondary curriculum resources

Visit **cancer.org.au/cancer-information/causes-and-prevention/sun-safety/be-sunsmart/sunsmart-in-schools/secondary-school-resources**

Generation SunSmart

Visit **generationsunsmart.com.au**

Joining the National SunSmart Schools Program.

Research has shown that schools who take part in the National SunSmart Schools Program have more comprehensive sun protection policies and practices in place and therefore offer students a more sun protective environment.

Cancer Council SA offers free SunSmart recognition with the SunSmart Schools Program

Benefits of becoming a SunSmart school include:

- formal recognition of your commitment to protecting staff and students from the risks of UV radiation
- providing documented proof of your sun protection measures through a comprehensive sun protection policy approved by Cancer Council SA
- promoting your school within the community as one that is committed to the health of students in your care.

However, the best benefit of all is knowing your school is making a significant difference to the health of students and staff in your care, which lasts a lifetime.

Your school will receive:

- a large aluminium sign to display on your fence
- free teaching resources to download or order online
- access to up to date information on sun protection
- ongoing support from Cancer Council SA's SunSmart team
- A hard copy story book to support student learning around the sun, weather, seasons and more (while stocks last)
- a range of resources including posters, UV charts and brochures
- 25 per cent discount on Cancer Council body sunscreens for staff and students
- 20 per cent off other Cancer Council retail products for staff from the Cancer Council Regent Arcade store
- access to our UV meter and literature book loan programs to support student learning
- staff training and development opportunities.

How to become a SunSmart school

By completing an online application via **cancersa.org.au/sunsmart-program**, your school will obtain policy feedback from Cancer Council SA and apply to be recognised as a SunSmart school.

Prior to completing the online application, we recommend using our SunSmart sample sun protection policy template and/or policy checklist for primary and combined schools to assist in developing or reviewing your school's policy.

Allow approximately 40 minutes to complete the online application, alternatively the applicant can return to the partly completed application as many times as they need, using a unique link sent via email.

The **online application** will:

- ask for current student enrolments
- ask questions about your school's sun protection policy content and practice
- ask the applicant to upload the draft sun protection policy for review
- Display immediate feedback for the applicant to find out if the school is eligible for SunSmart recognition, or how to improve the school's policy or practice to become eligible as detailed in the application feedback. The application feedback can be printed and/or saved.

  Green: Areas your school is doing well in.

  Amber: Suggested areas for improvement to meet best-practice sun protection.

  Red: Areas your school must make improvements in, to be eligible for SunSmart recognition.
- allow the applicant to adopt any of the suggestions by amending their application responses and re-uploading the draft policy
- allow the applicant to submit the application and policy for review once all red feedback (if any) has been addressed.

Once the application has been submitted, the SunSmart team will review the application and policy and provide feedback.

Once feedback from the SunSmart team has been reviewed and considered, the draft policy can be made available for staff and appropriate decision makers to review and approve (e.g. Governing Council, leadership staff, school board, management committee).

Once the policy has been approved, advise the SunSmart team so the school's SunSmart recognition can be finalised and accepted.

The applicant and school will receive a congratulatory email and arrangements will be made for delivery of SunSmart resouces and a sign to show your school community that you are a registered SunSmart school.

SunSmart recognition lasts for three years, after which a policy and practice review and an online application is completed.

If you have any questions, or would like support in your policy review or application process, please don't hesitate to contact the SunSmart team at sunsmart@cancersa.org.au or by phone (08) 8291 4316. We're here to help.

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