

Is your school SunSmart?



Become a SunSmart School today and show your community that you care about the health of your students and staff.

Why become SunSmart?

- Australia has the highest rate of skin cancer in the world
- Skin cancer is almost totally preventable by using adequate sun protection
- Around 50% of sun exposure occurs before the age of 18
- Students and staff spend 5 out of 7 days at school, and do so when ultraviolet (UV) radiation is at its most damaging (10am - 3pm). So sun protection is an important school issue.

How do you become SunSmart?

It's easy!

1. Work on your school's sun protection policy.
Need help? Contact The Cancer Council – email education@cancerwa.asn.au or visit www.cancerwa.asn.au or www.GenerationSunSmart.org.au
2. Check your school meets minimum standards (see back page)
3. Complete the application form inside and attach your policy
4. Send your application to The Cancer Council WA

www.GenerationSunSmart.org.au
offers interactive online workshops and information on skin cancer and sun protection. You can also get tips on becoming a SunSmart School, and teaching resources for primary and secondary schools.



National SunSmart Schools Program Application



School: _____

Contact name: _____ Position: _____

Address: _____

Postcode: _____

Telephone: _____ Fax: _____

Email: _____ Best time to contact: _____

Type of school: Religious Government Independent Other: _____

Total school enrolment: _____ Year levels taught on campus: _____

Sex composition: Co-ed Boys Girls Date: _____

In Western Australia it is recommended that schools' sun protection policies be implemented throughout the year, but with particular emphasis during the months September through to May. **Please answer the following questions in respect to Term 1 and Term 4.**

Sun protection policy

1. Does your school have a sun protection policy?
 Yes Please attach a copy of your policy
 No *A sun protection policy is one of the essential criteria for becoming a SunSmart School. Please contact The Cancer Council WA for assistance.*
2. Who was involved in the development of the policy? (please tick all that apply)
 Principal School Council
 Teachers Parents
 Students The Cancer Council WA
 Other - please specify _____
3. What obstacles (if any) has your school encountered in introducing a policy? (please tick all that apply)
 Limited support from teachers/staff Limited support from parents
 Limited student cooperation Cost of sunscreen
 Cost of shade development Insufficient information on policy development
 Not a priority for School Council
 Other - please specify _____

Behaviour

4. Is hat wearing compulsory or encouraged at your school?
 Yes - compulsory
 Yes - encouraged but not compulsory
 No - neither compulsory or encouraged
Hat wearing is an essential criteria. Please contact The Cancer Council WA for assistance.
5. What type/types of hats are compulsory or encouraged? (please tick all that apply)
 Any hat Broad-brimmed hats (at least 7.5 cm brim)
 Legionnaire hats Bucket hats (at least 6 cm brim and a deep crown)
 Caps
 Other - please specify _____

6. On a typical Term 1 and Term 4 day at your school, what percentage of students would wear a broad brimmed, legionnaire or bucket hat? (please estimate on the following scale)



7. What are the consequences for a student not wearing a hat when outside? (please tick all that apply)

- They must remain in the shade - play allowed
 They must wear a hat from a class set of hats
 No restrictions
 Other - please specify _____

8. Does your school request that teachers/staff wear broad-brimmed, bucket or legionnaire hats?

- Yes No

9. Does your school encourage parents to wear a broad-brimmed, bucket or legionnaire hat when attending school outdoor activities?

- Yes No

10. Are any of the following items included in your dress code/uniform? (please tick all that apply)

- Broad-brimmed, legionnaire or bucket hats Shirts with collars
 Shirts with elbow-length sleeves Longer-style shorts/skirts
 Rash vests for outdoor swimming activities Sunglasses

11. What happens at your school in respect to the use of SPF 30+ sunscreen? (please tick all that apply)

- Sunscreen is available for students in all classrooms
 Parents are encouraged to supply their children with sunscreen
 Sunscreen is available for student use on specific occasions eg physical education, excursions
 Sunscreen is available at various points around the school eg canteen
 Students are encouraged to come to school wearing sunscreen
 Time is given for the application of sunscreen before the lunch break
 Sunscreen is not supplied

Environment

12. Which of the following are in place to minimise the time spent outside during peak ultraviolet (UV) radiation times (10am to 3pm)?

- Outdoor assemblies are held outside peak UV times, indoors or under shade
 Physical education classes are held outside these hours
 Sport is held outside these hours
 Sports carnivals are held outside these hours eg twilight carnivals
 Outdoor excursions are scheduled early in the day
 Lunch is eaten inside
 Lunch is eaten in shaded areas
 We allow play indoors
 We have an extended recess and shortened lunch break
 Other - please specify _____

13. Please describe the situation at your school with respect to shade (please tick all that apply).

- We have shady trees
 We have some built shade structures
 We have some portable shade structures
 We have definite plans to increase shade in the next 12 months
 Shade is not currently a priority area
 Shade poses funding concerns for our school
 Other - please specify _____

Curriculum

14. In what year levels is, or will, SunSmart education be incorporated into the curriculum?

- Prep Yr 1 Yr 2 Yr 3 Yr 4 Yr 5 Yr 6 Yr 7
 Yr 8 Yr 9 Yr 10 Yr 11 Yr 12

SunSmart Schools Agreement

TERMS AND CONDITIONS

If your school is accepted as a SunSmart School, you will be promoting the Cancer Council's SunSmart protection messages in your daily activities, thus providing a role model to other schools throughout Western Australia.

Schools participating in the SunSmart Schools Program must agree to the following terms and conditions:

- To enforce their sun protection policy as documented
- To take reasonable steps to ensure that all staff, students and parents are aware of the sun protection policy and its requirements
- To inform The Cancer Council Western Australia of any changes to the school's policy and practices and anything else that may relate to or affect its inclusion in the SunSmart Schools Program.

The school agrees to comply with the following minimum standards:

- The sun protection policy is implemented at least during terms one and four, when ultraviolet radiation levels are most intense.
- All students and staff wear a broad-brimmed, legionnaire or bucket (minimum 6cm brim, deep crown) hat when outside.
- The use of SPF 30+, broad spectrum water resistant sunscreen is encouraged.
- Sun protective clothing is part of the school uniform/dress code.
- Programs on skin cancer prevention are included in the curriculum of at least three year levels for primary and/or three year levels for secondary.
- The sun protection policy is reflected in the planning of all outdoor events (eg camps, excursions, sporting events).
- Outdoor activities are rescheduled, whenever possible, to minimise the time outdoors between 10am and 3pm.
- The school has sufficient shade or is working towards increasing shade in the school grounds.
- The school reviews its sun protection policy regularly (at least once every two years). This involves parents, students and teachers and includes monitoring the school's compliance with the policy and making suggestions for improvement.

Name of school

agrees to the above stated terms and conditions of the SunSmart Schools Program.

School Principal

Name - please print

Signature

Date

School Council
President

Name - please print

Signature

Date

Application checklist:

- We have attached our school sun protection policy.
- The Principal has signed the SunSmart Schools Agreement above.
- The President of the School Council has signed the SunSmart Schools Agreement above.

Mail or fax this completed application form to:

Schools Coordinator
The Cancer Council Western Australia
46 Ventnor Avenue, West Perth WA 6005
Ph: (08) 9212 4333 Fax: (08) 9212 4399
Email: education@cancerwa.asn.au



Becoming a SunSmart School tells the community that your school is committed to the future health of its students.

If you qualify as a SunSmart School you will receive a 60 cm x 90 cm SunSmart School sign, a media release to use with your local newspaper and teacher resource material.