

# SunSmart Primary Schools Program



## Application form

### SCHOOL DETAILS:

School: .....

Contact Name: ..... Position: .....

Address: .....

..... Postcode: .....

Telephone: ..... Fax: .....

Contact Email address: .....

General School Email address: .....

School type: Catholic  Government  Independent  Other: .....

School enrolment: ..... Year levels taught on campus: .....

Date: .....

*Your Privacy: Your contact details will be used to provide you with information and resources relating to The Cancer Council Northern Territory. All information will be at all times kept private and confidential, and no identifying information will be used for statistical purposes. If you wish to discuss the storage and use of your details please contact:*

The Cancer Council Northern Territory on 8927 4888 or write to us at PO Box 42719 Casuarina NT 0811

In the Northern Territory it is recommended that a school's sun protection policy is followed all year round as ultraviolet radiation is rated very high to extreme all year round. Particular care needs to be taken between 10 am and 3 pm when UV levels reach their peak.

# SunSmart Primary Schools Program



Please answer the following questions:

## Behaviour

1. *Is hat wearing enforced or encouraged at your school?*

- Yes – enforced
- Yes – encouraged
- No, neither enforced nor encouraged      *Go to Q 3*

2. *What type/types of hat do your students wear?*

- Broad-brimmed hats (at least 7.5 cm brim)
- Legionnaire hats
- Bucket hats (at least 6 cm brim)
- Baseball caps

Other: please specify.....

3. *During a typical day at your school how many students would be wearing broad-brimmed, legionnaire or bucket hats?*

- All of the students
- Most of the students
- Half of the students
- Some of the students
- Very few of the students

4. *What are the consequences for a student not wearing a hat when outside?*

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

Other Please specify: .....

5. *Does your school request that teachers/staff wear broad-brimmed, bucket or legionnaire hats while outside?*

- Yes
- No

## ***SunSmart Primary Schools Program***



6. *Does your school encourage families to wear a sun protective hat when participating in or attending school outdoor activities?*

- Yes
- No

7. *Are any of the following items included in your dress code / uniform / sports uniform?*

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

8. *Does your school encourage the use of sun protective wrap-around sunglasses that meet Australian Standard 1067 (Sunglasses – Category 2, 3 or 4)?*

- Yes - Go to Q.10
- No - Go to Q.9

9. *What obstacles (if any) would prevent your school from including sunglasses in your policy?*

- Cost
- Safety
- Practicality of each student having their own pair of sunglasses

Other: Please specify: .....

10. *What happens at your school regarding the use of SPF 30+ broad spectrum, water resistant sunscreen?*

- Sunscreen is available to students in all classrooms
- Families are encouraged to supply their children with sunscreen
- Children are encouraged to come to school wearing sunscreen
- Sunscreen is available for student use on specific occasions, e.g. PE, sports days, excursions
- Sunscreen is available at various points around the school, e.g. canteen, PE
- Time is given for the application of sunscreen before recess and the lunch break
- Sunscreen is not supplied



**Curriculum**

11. *In what year level(s) is, or will, SunSmart education be incorporated into the curriculum?*

- Prep
- Year One
- Year Two
- Year Three
- Year Four
- Year Five
- Year Six

12. *How is sun protection education incorporated into your school's curriculum?*

- Class teachers are responsible
- Our Health/PE specialist is responsible
- We use student assemblies to encourage sun protection behaviour
- We have whole school activities such as SunSmart days, tree-planting etc.

Other - please specify: .....

13. *Are any of the following practices in place to minimise time spent in the sun particularly between 10 am and 3 pm when UV levels reach their peak?*

- Outdoor assemblies are held earlier in the day, indoors or under shade
- PE classes are held earlier in the morning or indoors
- Sport is held in the morning
- Sports carnivals are held earlier in the morning or at twilight
- Shade is considered when planning outdoor excursions / events
- Lunch is eaten inside
- Lunch is eaten in special shaded areas
- We allow play indoors
- We have an extended recess and shortened lunch break

Other – please specify: .....



**Environment**

14. *Please describe the available shade at your school.*

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

**Policy**

15. *Does your school have a written sun protection policy?*

- Yes
- No *Go to Q.17*
- No, but we are planning one *Go to Q.17*

16. *Who was involved in the development of the policy?*

*(Please remember to attach a copy of your sun protection policy to this application.)*

- Principal
- School Council
- Teachers
- Parents / Families
- Students
- The Cancer Council Northern Territory

Other – please specify.....

17. *What obstacles (if any) have your school encountered in introducing a sun protection policy?*

- Limited support by teachers/staff
- Limited support by parents/families
- Limited student cooperation
- Cost of sunscreen
- Cost of shade development
- Insufficient information on policy development
- Not a priority for school council

Other – please specify.....

## ***SunSmart Primary Schools Program***



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

### **IMPORTANT INFORMATION:**

If you qualify as a SunSmart School you will be eligible to purchase a 60 cm x 90 cm SunSmart School metal sign, SunSmart certificate and teacher resource material.

If you would like one sign, your school will be invoiced for a joining fee of \$50

Please don't forget to sign the SunSmart Schools Agreement on the following pages and also attach a copy of your sun protection policy.

## **SUNSMART SCHOOLS AGREEMENT**

### Terms and Conditions

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

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 families are aware of the sun protection policy and its requirements
- To inform the Cancer Council NT 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 policy is implemented all year round.
- Particular care is taken between 10am - 3pm when UV levels reach their peak.
- A combination of sun protection measures are considered when planning all outdoor activities. (eg recess, camps, excursions, sporting events, swimming carnivals).
- The school has sufficient shade or is working towards increasing the number of trees and shade structures so as to provide adequate sun protected areas in the school grounds.
- Students are encouraged to use available areas of shade for outdoor activities.
- Children who do not have appropriate hats or sun protective clothing are asked to play in the shade.
- Appropriate sun protective clothing is included in the school uniform / dress code and sports uniform.
- All students wear a broad brimmed (minimum 7.5cm brim), legionnaire or bucket hat (deep crown and minimum 6cm brim) whenever they are outside.
- The use of wrap-around sunglasses that meet Australian Standard 1067 (Sunglasses – Category 2, 3 or 4) is encouraged. ***(Suggested.)***
- The use of SPF 30+ broad spectrum, water resistant sunscreen is encouraged, with time for application of sunscreen allowed.
- Staff members are requested, and families and visitors to the school are encouraged, to act as role models by practising SunSmart behaviours.
- Programs on skin cancer prevention are included in the curriculum for each grade level.
- SunSmart behaviour is regularly reinforced and promoted to the whole school community (eg. via newsletters, assemblies).
- The school reviews its sun protection policy at least once every three years by monitoring the school's compliance with its policy and making suggestions for improvement.

# SunSmart Primary Schools Program



## AGREEMENT:

.....  
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*

### Please forward these two completed documents:

- SunSmart Schools Program Application/Agreement Form
- Copy of your school's Sun Protection Policy

### to:

SunSmart Schools Program  
The Cancer Council Northern Territory  
PO Box 42719  
Casuarina NT 0811

Fax: 08 8927 4990