



Brummana High School Sun Smart Policy

Skin Protection Education

As a school, we have the opportunity to help reduce the incidence of skin damage and skin cancer by educating and encouraging all members of the school community to use effective skin protection measures. Reinforcing the Sun Smart message in classroom activities and in general school procedures are important strategies in the adoption of skin protection behaviours. Staff should role model appropriate Sun Smart strategies in all school activities.

Staff and parents will be kept up to date with information and resources through the Health and Safety Committee.

Aims

The purpose of the Brummana High School Sun Smart Policy is to ensure that members of our school are protected from skin damage caused by the harmful ultraviolet rays from the sun by promoting among students, staff, and parents:

- Positive attitudes towards skin protection
- Lifestyle practices which can help reduce the incidence of skin damage and skin cancer
- Personal responsibility for skin protection.

Sun Damage

Skin damage, including skin cancer, is a 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 skin damage and skin cancer is, therefore, preventable.

Skin Protection Strategies

All members of the school community will be strongly encouraged to use the following skin protection strategies when outdoors during sunny weather:

1. Students should be encouraged to use sunscreen (> SPF 30) when they are outdoors for prolonged periods and when they go on excursions especially snow trips. The sunscreen should be reapplied every 2 hours.
2. Students, staff, and parents should be encouraged to wear caps or hats whenever involved in outdoor activities.
3. Sun protective clothing. Students and Staff should cover as much skin as possible with cool, loose-fitting clothing. This includes tops that cover the chest, shoulders and arms.
4. Whenever possible, use the shade of trees, umbrellas, and covered areas.
5. Avoid being in **direct** sunlight without protection between the hours of 10am and 2pm.
6. Students will be expected to wear sunglasses on snow trips.

Reviewed by Shatha Abu khalil
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