

Greenvale State School



**Sun Smart
Policy
2014-2016**

SUNSMART POLICY STATEMENT

RATIONALE

Queensland has the highest rate of skin cancer in the world. Two out of every three Queenslanders will get some form of skin cancer in their lifetime. Research suggests that at least two-thirds of all melanomas occurring in Australia could be prevented if children were protected from the sun during their first 15 years.

Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Research shows that severe sunburn contributes to skin cancer and other forms of skin damage such as sunspots, blemishes and premature ageing. Most skin damage is therefore preventable.

Ultraviolet radiation (URV) levels are highest during the hours that children are at school.

With this in mind, Greenvale State School realises the need to educate its students and community about **Sun Smart** behaviour thus reducing the risk of skin damage from exposure to the sun.

Purpose

Our school recognises that winter sun also contributes to skin damage. The implementation of this policy will therefore be conducted throughout the year.

The purpose of this Sun Smart policy is to ensure that all children attending our school are protected from the harmful effects of the sun throughout the year.

AIMS

The policy aims to:

- ◆ Provide ongoing education that promotes personal responsibility for skin cancer and early detection.
- ◆ Provide sporting environments that support **Sun Smart** practices.
- ◆ Create an awareness of the need to reschedule training and competitive events, where possible, to support **Sun Smart** practices.

OUR COMMITMENT

Greenvale State School will:

- ◆ Inform parents of the **Sun Smart** Policy when they enrol their child
- ◆ Include the Sun Smart policy statement in the school prospectus and newsletters
- ◆ Increase the amount of shade in the school ground, where possible, by building shelters and planting trees
- ◆ Incorporate education programs that focus on skin cancer prevention into the school curriculum
- ◆ Encourage all teachers and staff to act as positive role models for children in all aspects of Sun Smart behaviour
- ◆ Seek ongoing support from parents and the school community for the Sun Smart policy and its implementation, through newsletters, parent meetings etc
- ◆ Ensure all staff and students wear hats that protect the face, neck and ears, and SPF 30+ broad-spectrum, water resistant Sunscreen, when involved in outdoor activities
- ◆ Encourage students without adequate sun protection to use shaded or covered areas at recess and lunch times
- ◆ Review the school dress code to conform with the Queensland Cancer Fund Sun Smart clothing guidelines
- ◆ Ensure that adequate shade is provided at sporting carnivals and other outdoor events
- ◆ Ensure that SPF 30+ broad-spectrum, water resistant Sunscreen is included in the school sports kit, when attending sporting carnivals and other outdoor events

- ◆ Have SPF 30+ broad-spectrum, water-resistant Sunscreen on the school book list
- ◆ Children will be encouraged to use available areas of shade for outdoor play activities
- ◆ Outdoor play activities will be held in areas of shade wherever possible
- ◆ Teachers will schedule outdoor activities before 10am and after 2pm whenever possible

OUR EXPECTATIONS

Parents/Caregivers will:

- Provide a Sun Smart hat for their child and ensure that they wear it to and from school. The Queensland Cancer Fund recommends the following hats:
 - 8-10cm broad-brimmed hat OR legionnaire style cap
 - ensure that their child applies SPF 30+ broad-spectrum, water-resistant Sunscreen 20 minutes before leaving for school
 - Ensure that their child is dressed in the school's Sun Smart uniform which provides adequate protection from UVR
 - Act as a positive role model by practising Sun Smart behaviour

Students will:

- Be aware of the school's Sun Smart policy
- Take responsibility for their own health and safety by being Sun Smart
- Comply with Sun Smart rules and guidelines by wearing suitable hats, clothing and Sunscreen
- Apply SPF 30+ broad-spectrum, water resistant Sunscreen 20 minutes before going outdoors
- Use shaded or covered areas when outdoors
- Act as positive roles models for other students in all aspects of Sun Smart behaviour
- Participate in Sun Smart education programs

Staff will:

- Comply with Sun Smart rules and guidelines by wearing suitable hats and 30+ Sunscreen while outdoors
- Timetable outdoor activities to be during the cooler parts of days
- Enforce School Sun Smart policy while on duty, "No Hat and Sunscreen – No Play"
- Integrate curriculum to include sun protection and sun damage awareness