

Sunnybank State School

Sun Smart Policy

Rationale: Sunnybank State School realises the need to protect children's skin and educate them about Sun Smart behaviour.

Sunnybank State School recognises the importance of protecting children's skin and educating them about sun-safe behaviours. Queensland has one of the highest rates of skin cancer in the world, and childhood sun exposure is a significant contributing factor. As students are outdoors during peak ultraviolet radiation (UVR) periods, schools play a critical role in minimising exposure and promoting lifelong protective habits.

Skin damage is cumulative and largely preventable. This policy outlines a whole-school approach to reducing the risk of harm from sun exposure.

Aims

At Sunnybank State School, our policy aims to:

- Promote personal responsibility for sun safety
- Provide a safe and supportive environment
- Encourage planning and practices that reduce UV exposure
- Support the wellbeing of all students and staff

Sun Smart Policy Guidelines

Our school recognises that sun exposure can occur year-round. This policy is implemented throughout the entire school year to ensure all students are protected from the harmful effects of the sun. The purpose of this Sun Smart policy is to ensure all children attending **Sunnybank State School** are protected from the harmful effects of the sun during the course of their schooling.

Our Commitment

Sunnybank State School will:

- Inform parents of the Sun Smart policy upon enrolment
- Include the policy in the parent handbook
- Increase shade across the school through built structures and natural elements where possible
- Embed skin cancer prevention education into the curriculum
- Encourage staff to act as positive role models in SunSmart behaviours
- Seek ongoing support from families and the school community through communication channels such as newsletters and meetings
- Ensure all students wear SunSmart hats that protect the face, neck and ears
- Encourage the use of SPF 50+ broad-spectrum, water-resistant sunscreen during outdoor activities
- Direct students without adequate sun protection to shaded areas during breaks
- Ensure the school dress code aligns with SunSmart clothing guidelines
- Ensure outdoor activities align with SunSmart procedures
- Provide adequate shade at sporting carnivals and outdoor events
- Ensure SPF 50+ sunscreen is available in classrooms
- Encourage families and visitors to role model SunSmart behaviours during school activities and events

Sun Smart Policy Guidelines

Procedures

Daily UV Monitoring

- Staff are encouraged to access daily local sun protection times (e.g. SunSmart or BOM Weather App) to guide implementation of this policy.

UV 3+ Protection

- Sun protection measures are implemented whenever the UV Index is 3 or above, which occurs year-round in Queensland.

Outdoor Activity Timing

- Wherever practical, outdoor activities are scheduled to minimise time outdoors during periods when the UV is high to extreme (UV Index 6 or above).

Sun Protection Strategies

Seek Shade

- A variety of shade (built, natural and portable) is provided in all areas where children congregate, including lunch areas, outdoor learning spaces and sporting areas
- Students and staff are encouraged to actively use shaded areas when outdoors
- Regular shade assessments are conducted to identify and plan for future shade needs

Slip on Sun-Protective Clothing

- The school promotes a SunSmart uniform, including:
 - Shirts with collars and elbow-length sleeves
 - Longer style dresses and shorts
 - Long pants where appropriate

Slap on a Hat

- All students must wear SunSmart hats that protect the face, neck and ears
- Acceptable styles include broad-brimmed, bucket or legionnaire hats
- Peak caps and visors are not suitable alternatives

Slop on Sunscreen

- Students are encouraged to:
 - Apply sunscreen at least 20 minutes before going outdoors
 - Reapply every 2 hours when outdoors for extended periods
 - Reapply immediately after swimming, sweating or towel drying
- Strategies (e.g. routines, reminders and supervision) support consistent application

Role Modelling by Staff

Staff actively demonstrate SunSmart behaviours by:

- Wearing SunSmart hats and protective clothing
- Applying SPF 50+ sunscreen
- Seeking shade wherever possible
- Reinforcing sun safety expectations with students

Learning Opportunities

- Teachers and staff are encouraged to complete Cancer Council's free online learning modules (Generation SunSmart) to strengthen understanding of sun safety practices

Responsibilities

Parents/Carers

- Provide a suitable SunSmart hat
- Ensure sunscreen is applied before school
- Support children to wear appropriate sun-protective clothing
- Provide rash vests for water-based activities
- Support and reinforce SunSmart practices

Students

- Follow SunSmart practices (hat, clothing, sunscreen, shade)
- Apply sunscreen before outdoor activities
- Take responsibility for their own sun safety
- Participate in education programs

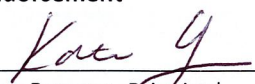
Timing and Review

- **Effective Date:** May 2026
- **Review Date:** May 2028 (or earlier if required)

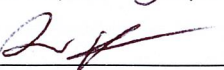
References

This policy has been developed using the Sun Protection Policy Guide, Cancer Council Queensland.

Endorsement



Kate Paynter- Principal



Natalie Bryant-P&C President