



*Expanding Horizons*

*Sunnybank State School*

*Sun Smart Policy*

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Department of Education, Training and Employment **CRICOS** 00608A

# Sunnybank State School SunSmart Policy

## Rational

### **Sunnybank State School realises the need to protect children's skin and educate them about SunSmart behaviour**

Queensland has the highest rate of skin cancer in the world. Of all new cancers diagnosed in Australia each year, 80 percent are skin cancers. Research indicates childhood sun exposure is an important contributing factor to the development of skin cancer in later life. Given students are at school during peak ultraviolet radiation (UVR) times throughout the day, between 10am and 3pm, schools play a major role in both minimising a student's UVR exposure and providing an environment where policies and procedures can positively influence student behaviour.

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

As children will spend a portion of their day outdoors, we are committed to protecting them from the harmful effects of the sun.

With this in mind, **Sunnybank State School** realises the need to protect children's skin and educate them about SunSmart behaviour, thus reducing the risk of skin damage from exposure to the sun.

## Aims

At **Sunnybank State School**, our policy aims to:

- Provide ongoing education that promotes personal responsibility for skin cancer prevention.
- Provide environments that support SunSmart practices.
- Create an awareness of the need to reschedule outdoor activities to support SunSmart practices, where possible.

# SunSmart Policy Guidelines

Our school recognises that winter sun also contributes to skin damage.  
This policy will therefore be implemented throughout the entire school year.

The purpose of this SunSmart 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 SunSmart policy when they enrol their child.
- Include the SunSmart policy statement in the parent handbook.
- Increase the amount of shade in the school grounds, where possible by building shade structures and planting trees.
- Incorporate education programs that focus on skin cancer prevention into the school curriculum.
- Encourage all staff to act as positive role models for children in all aspects of SunSmart behaviour.
- Seek ongoing support from parents and the school community for the SunSmart policy and its implementation, through newsletters, P&C meetings and staff meetings.
- Ensure all students wear wide brim hats that protect the face, neck and ears and encourage them to apply SPF 30+ broad-spectrum, water resistant sunscreen when involved in outdoor activities.
- Direct students without adequate sun protection to use shaded or covered areas at recess and lunch times.
- Ensure the school dress code continues to conform with the Queensland Cancer Fund SunSmart clothing guidelines.
- Ensure that outdoor activities between 9am and 3pm comply with the SunSmart policy.
- Ensure adequate shade is provided at sporting carnivals and other outdoor events.
- Ensure SPF 30+ broad-spectrum, water-resistant sunscreen is available to staff and students in all classrooms.
- Review the SunSmart policy annually.

# SunSmart Policy Guidelines

## Our Expectations

### Parents/Carers will:

- Provide a school approved hat for their child/children and ensure it is worn to and from school.
- Ensure their child applies SPF 30+ broad-spectrum, water-resistant sun-screen before leaving for school.
- Ensure their child/children wears the school uniform to provide adequate protection from the sun.
- Act as positive role models by practising SunSmart behaviour.
- Support the school's SunSmart policy and regularly provide feedback.

### Students will:

- Be aware of the school's SunSmart policy.
- Take responsibility for their own health and safety by being SunSmart.
- Comply with SunSmart rules and guidelines by wearing a wide brim hat, uniform, and sunscreen.
- Apply SPF 30+ broad-spectrum, water-resistant sunscreen before going outdoors.
- Use shaded or covered areas when outdoors.
- Act as positive role models for other students in all aspects of SunSmart behaviour.
- Provide input through Student Council in developing the school's SunSmart policy.
- Participate in SunSmart education programs.

Developed from the Schools SunSmart Policy Guidelines, Queensland Cancer Council.

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Considered and accepted by Principal

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Considered and accepted by Parents and Citizens Association