



KALBAR STATE SCHOOL
Excellence in a Supportive Environment

Sun Smart Policy

Rationale

Queensland has the highest rate of skin cancer in the world. Of all new cancers diagnosed in Australia each year, 80% are skin cancers. Research indicates that childhood sun exposure is an important contributing factor to the development of skin cancer later in life. Given that students are at school during peak ultraviolet radiation (UVR) times throughout the day, schools play a major role in both minimising 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 that 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. Ultraviolet radiation (UVR) levels are highest during the hours that children are at school. As children will spend a portion of their day outdoors, we are committed to protecting them from the harmful effects of the sun.

Staff of Kalbar State School realise the need to protect children's skin and educate them about SunSmart behaviour, thus reducing their risk of skin damage from exposure to the sun.

Aims

This policy and plan aims to:

- provide ongoing education that promotes personal responsibility for skin cancer prevention and early detection;
- provide environments that support SunSmart practices;
- create an awareness of the need to reschedule work and outdoor activities to support SunSmart practices where possible.

Procedures

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

The purpose of this SunSmart policy is to ensure that all children attending Peregian Springs State School are protected from the harmful effects of the sun throughout the year.

Key Elements

- Personal and Group Sun Safety
- Society and Culture
- Physical Environment



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Guidelines for Addressing Skin Cancer and Sun Safety

	✓ Effective Practice	× Practices to be Avoided
Overarching Guidelines	<ul style="list-style-type: none"> • Promote a range of sun protection strategies/habits • Develop positive attitudes towards protecting skin • Challenges cultural complacency to sun exposure • Where possible reschedule outdoor activities • Encourage self-examination for skin cancer • Develop and raise awareness of school's sun safety policy with students, parents and staff 	<ul style="list-style-type: none"> • Rely on sunscreen as the sole sun protection strategy • Encourage the use of solariums or fake tanning products for 'safe' tanning • Run screening or early-detection promotional programs for skin cancer • Employ teaching practices that contradict sun safety messages

Our commitment

Kalbar State School will:

- ensure staff act as positive role models by practising SunSmart behaviour (i.e. wear hats outdoors (broad brimmed where practicable), apply sunscreen, wear clothing which provides adequate protection)
- organise special activities which promote and encourage SunSmart awareness (eg. visiting speakers, competitions, Fun Hat Day)
- remind students to apply sunscreen, wear hats and to play in shaded areas
- involve students in a variety of learning activities which develop knowledge, attitudes and skills relevant to personal skin protection on an annual basis
- use shaded areas for outdoor activities where possible (including erecting the portable shades)
- encourage students to wear hats as they leave the classroom for outdoor activities, recess and in after school
- encourage students to wear appropriate 'wet shirts' for swimming lessons
- educate students for self-responsibility
- assist parents with ideas to encourage their children to be SunSmart
- educate and raise awareness within the school community about the dangers and long term effects of over exposure to the sun
- take appropriate measures during times of extreme UVR levels (i.e. no oval days)
- inform parents of the SunSmart Policy and Plan when they enrol their child
- include the SunSmart policy and plan in the school prospectus
- increase the amount of shade in the school grounds, 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 SunSmart behaviour
- seek ongoing support from parents and the school community for the SunSmart policy and its implementation, through newsletters, parent meetings etc.
- encourage all students and staff wear hats that protect the face, neck and ears, and SPF 30+ broad-spectrum, water-resistant sunscreen, when involved in outdoor activities
- insist students without adequate sun protection to use shaded or covered areas at recess and lunch times (a *No Hat-No Play Policy* is in place at the school)
- ensure the school dress code conforms with the Queensland Cancer Fun SunSmart clothing guidelines. This includes annual review
- ensure that, where practicable, outdoor activities take place before 10.00am. or after 3.00pm (Australian Eastern Standard Time - AEST) as per the Department of Education, Training and the Arts - Education Policy and Procedures Register HLS-PR-013
- ensure that adequate shade is provided at sporting carnivals and other outdoor events
- keep abreast of current research in SunSmart behaviour, i.e. the wearing of sunglasses
- review the SunSmart policy in line with the Quadrennial School Review



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Our Expectations

Parents/caregivers will:

- provide a SunSmart hat for their child and ensure that they wear it to and from school. The Queensland Cancer Fund recommends the following hats:
 - 8-10 cm broad brimmed
 - legionnaire-style (for younger children)
- encourage their child to apply SPF 30+ broad-spectrum, water-resistant sunscreen 20 minutes before leaving for school;
- ensure that their child's clothing provides adequate protection from UVR. The Queensland Cancer Fund recommends clothing that has the following features:
 - dark coloured
 - collars and sleeves
 - closely woven fabric
 - natural fibre
- act as positive role models by practising SunSmart behaviour
- support the school's SunSmart policy and plan in principle and in practice
- help to design and regularly update the policy and plan
- wear suitable hats and other sun protective clothing when volunteering at school for outdoor activities
- provide a protective sun shirt or T-shirts for wear during all school water-based activities.

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 suitable hats, clothing, sunscreen (compulsory)
- apply SPF 30+ or higher, broad-spectrum, water-resistant sunscreen 20 minutes before going outdoors
- use shaded or covered areas when outdoors as much as possible
- act as positive role models for other students in all aspects of SunSmart behaviour
- participate in SunSmart education programs as provided within the curriculum program