



Pallara State School

Sun Protection Policy



Rationale:

Queensland has the highest rate of skin cancer in the world. Two out of every three Queenslanders will develop some sort 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 and skin cancer is therefore preventable.

Ultraviolet radiation (UVR) levels are highest during the hours that children are at school. With this in mind Pallara 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:

The policy 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 commitments and outdoor activities to support SunSmart practices.

PROCEDURES:

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 the Sun protection policy is to ensure that all children attending Pallara State School are protected from the harmful effects of the sun throughout the year.

A number of strategies have been implemented to reduce sun exposure and help prevent skin cancer.

Our commitment Pallara State School will:

- Inform parents of the Sun protection policy when they enrol their child and include the Sun protection policy statement in the school enrolment pack
- Encourage students to eat in shaded areas during the Summer months
- Encourage students to apply sun screen regularly throughout the day and 20 minutes prior to breaks
- Enforce school rule **NO HAT = NO PLAY = Staying in a covered area** and ensure students without adequate sun protection to use shaded or covered areas at all lunch breaks
- Encourage all teachers and staff to act as positive role models for children in all aspects of SunSmart behaviour
- Ensure that all students and staff wear hats that protect the face, neck and ears, and SPF 30 or higher, broad-spectrum, water-resistant sunscreen, when involved in outdoor activities including playground duty.
- Provide each classroom with large pump bottle of sunscreen for use by teachers, students throughout the day

- Incorporate education programs that focus on skin cancer prevention into the curriculum
- Seek ongoing support from parents and the school community for the SunSmart policy and its implementation, through newsletters, parent meetings etc.
- Review the school uniform to conform with the Queensland Cancer Fund SunSmart clothing guidelines
- Ensure that, wherever practicable, outdoor activities take place before 10am or after 2pm (Australian Eastern Standard Time [AEST])
- Ensure that adequate shade is provided at sporting carnivals and other outdoor events
- Increase the amount of shade in the school grounds, where possible, by building shelters and planting trees
- Review the Sun protection policy annually.

Our expectations:

Parents/carers will:

- Ensure that their child wears the correct school hat (SunSmart hat) for their child and ensure that they wear it to and from school.
- Ensure that their child applies SPF30 or higher, broad-spectrum, water-resistant sunscreen 20 minutes before leaving for school
- Act as positive role models by practising SunSmart behaviour
- Support the school's SunSmart policy and help to design and regularly update the policy.

Students at Pallara will:

- Be aware and comply to the school rule of **NO HAT = NO PLAY = Staying in a covered area**, ensuring they use shaded or covered areas at all lunch breaks
- Be aware of the school's Sun protection policy
- Take responsibility for their own health and safety by being SunSmart
- Comply with SunSmart rules and guidelines by wearing the SunSmart correct school hat, clothing/uniform, sunscreen and sunglasses
- Apply SPF 30 broad-spectrum, water-resistant sunscreen 20 minutes before going outdoors
- Act as positive role models for other students in all aspects of SunSmart behaviour
- Help to design and regularly update the SunSmart policy
- Participate in SunSmart education programs.