



39 Ritchie Road
Pallara Qld 4110
P: (07) 3727 4222
E: admin@pallarass.eq.edu.au
www.pallarass.eq.edu.au

Sun Protection Policy – Pallara State School

Rationale:

Queensland has the highest rate of skin cancer in the world. Of all new cancers diagnosed in Australia each year, 80 per cent 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.

Ultraviolet radiation (UVR) levels are highest during the hours 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.

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

Aims

This policy aims to:

- Take all reasonable steps to ensure all children and staff at Pallara State School are protected from the harmful effects of the sun throughout the year;
- Provide ongoing education that promotes personal responsibility for sun safety; and
- Provide environments that support sun safety practices.

Our Commitment

Pallara State School will:

- Ensure that appropriate skin protective clothing is included in the school dress code. This includes shirts with collars. The Parents' and Citizens' Association will make every reasonable effort to ensure the school uniform material complies with Cancer Council Standards;
- Ensure the wearing of swim shirts during all water-based activities, with the exceptions of competitions and carnivals;
- Ensure all students wear hats when outside, particularly at recess and lunch. Students should be encouraged to wear a hat with a wide continuous brim. Visors are not acceptable; This is enforced via the 'No Hat, No Play' procedure (Appendix 1).
- Provide SPF 30+ broad-spectrum, water-resistant sunscreen for students to apply to uncovered areas of the skin when they are outdoors;
- Encourage all teachers and staff to act as positive role models for students in relation to sun protection strategies i.e. the wearing of hat whilst on duty.
- Work towards increasing the number of shade structures so as to provide adequate sun protected areas in the school grounds;
- Provide flexible planning of activities to reduce, as far as practicable, time students spend in the sun between 10 am and 2pm;
- Incorporate education programs into the school curriculum that focus on sun safety and preventative measures;
- Inform parents of the Sun Protection Policy when they enrol their child;
- Include the Sun Protection Policy statement in the Parent Handbook;
- Review the Sun Protection policy as required to ensure that the information remains current and relevant.

Our Expectations

Parents/carers will:

- Provide a suitable hat for their child and ensure they wear it to and from school. The Cancer Council Queensland recommends hats with an 8cm to 10cm brim, legionnaire-style or bucket (minimum of 6cm brim) hats. School hats which comply with these recommendations are available for purchase from the school Uniform Shop;
- Encourage their child to apply SPF 30+ broad-spectrum, water-resistant sunscreen 20 minutes before leaving for school;
- Ensure their child's clothing provides adequate protection from UVR.
- Be encouraged to act as positive role models by practising sun safe behaviour and support the school's Sun Protection policy.

Students will:

- Be aware of the school's Sun Protection policy;
- Aim to take responsibility for their own health and safety by being sun safe;
- Comply with rules and guidelines by wearing suitable hats and clothing;
- Be encouraged to apply SPF 30+ broad-spectrum, water-resistant sunscreen before going outdoors;
- Use shaded or covered areas when possible;
- Participate in Sun Safety education programs.

Procedures

Sunscreen Strategy:

Ensure SPF 30+ broad-spectrum, water-resistant sunscreen is available for students to apply to uncovered areas of the skin such as the face and back of hands when they are outdoors.

Procedure

- The school will purchase SPF 30+ broad-spectrum, water-resistant sunscreen.
- Each classroom will have access to a bottle of sunscreen.
- Parents will provide written medical advice, identifying if their child has any allergic reactions to the chemicals in sunscreen. Any adverse reaction from sunscreen will be reported to parents.
- Self application of sunscreen is expected. Teachers will, when possible, advise students to:
 - use about a dessert spoon of sunscreen
 - spread it evenly over the exposed areas of the body
 - rub it in well

Sometimes it may be necessary for teachers or support staff to help children apply the sunscreen.

Written parental permission is needed for this to occur.

- Sunscreen will be taken on all School Excursions and Camps and provided to students when they are outdoors.



At Pallara State School



you are expected to wear your school uniform hat.

NO HAT = NO PLAY

If you do not have your hat at play time,
you must **SIT** in the **PREP OR JUNIOR
UNDERCOVER AREA.**

You must have a hat on, even if going to the library.
(You can leave your hat outside the door)