# Dalveen State School

## 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 in later 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 everyone from harmful effects of the sun. With this in mind, Dalveen 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

This 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 this SunSmart policy is to ensure that all children attending our school are protected from the harmful effects of the sun throughout the year.

### Our commitment

Dalveen State School will:

- Inform parents of the SunSmart policy statement through official school Communication channels – Prospectus, Newsletter.
- 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 school 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
• Ensure that 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
• Encourage students without adequate sun protection to use shaded or covered areas during outdoor times
• Review the school dress code to conform with the Queensland Cancer Fund SunSmart clothing guidelines
• Incorporate Sun Smart swim wear
• Ensure that, wherever practicable, outdoor activities take place before 10am or after 3 pm
• Ensure that adequate shade is provided at sporting carnivals and other outdoor events
• Ensure that SPF 30+ broad spectrum water resistant sunscreen is available for use by all daily and at Sporting Days.
• Review the Sun Smart policy annually

Our expectations

Parents/carers will:

• Provide a Sun Smart hat for their child and ensure that they wear it. That is to provide the broad brimmed gold hat for their child. If children walk to/from school a broad brimmed or legionnaire style hat is to be provided.

• Ensure that their child applies SPF 30+ broad spectrum water resistant sunscreen 20 minutes before leaving for school
• Ensure that their child’s clothing provides adequate protection from UVR. That is wear the school uniform which is:
  - Dark coloured
  - Collars and sleeves
  - Closely woven fabric
  - Natural fibre
• Act as positive role models by practising SunSmart behaviour
• Support the school’s Sun Smart policy and help to design and regularly update the policy

Students will:

• Be aware of the school’s SunSmart policy
• Take responsibility for their own health and safety by being SunSmart
• Comply with Sun Smart rules and guidelines by wearing suitable hats, clothing, sunscreen and sunglasses (sunglasses encouraged)
• Apply SPF 30+ broad spectrum water resistant sunscreen 20 minutes before going outdoors
• Use shaded or covered areas when 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 Sun Smart education programs.

Considered and accepted by Staff

Considered and accepted by the Parents & Citizens Committee
3. **Identify sun protection measures that are already being undertaken.**
The following checklist can be used as a discussion document for improving sun protection at your school:

<table>
<thead>
<tr>
<th>Sun Protection Strategy</th>
<th>✓</th>
<th>X</th>
<th>How can we improve in this area?</th>
</tr>
</thead>
<tbody>
<tr>
<td>100% of students wear either legionnaire or broad brimmed hats.</td>
<td>✓</td>
<td></td>
<td></td>
</tr>
<tr>
<td>No hat, play in the shade rule is implemented.</td>
<td>✓</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Teachers wear either legionnaire or broad brimmed hats.</td>
<td>✓</td>
<td></td>
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<tr>
<td>Parents are actively encouraged to wear hats when visiting the school.</td>
<td>✓</td>
<td></td>
<td></td>
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<tr>
<td>Students are actively encouraged to use shaded areas.</td>
<td>✓</td>
<td></td>
<td></td>
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<tr>
<td>All students eat lunch in full shade.</td>
<td>✓</td>
<td></td>
<td></td>
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<tr>
<td>Sun protection and skin cancer awareness is incorporated in the curriculum at all year levels.</td>
<td>✓</td>
<td></td>
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<tr>
<td>A plan is in place to increase / maintain the amount of shade at the school.</td>
<td>✓</td>
<td></td>
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<tr>
<td>Where possible, outdoor activities are conducted outside peak UV times or held under cover.</td>
<td>✓</td>
<td></td>
<td></td>
</tr>
<tr>
<td>SPF 30+ broad spectrum, water resistant sunscreen is available for staff and students whenever they go outside.</td>
<td>✓</td>
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<td></td>
</tr>
<tr>
<td>Students are encouraged to come to school wearing sunscreen.</td>
<td>✓</td>
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<tr>
<td>The design of the school uniform provides good protection from the sun, eg. shirts with collars, longer sleeves.</td>
<td>✓</td>
<td></td>
<td></td>
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<tr>
<td>Students attending outdoor swimming classes are required to wear t-shirts, rash-vests or swimwear which fully covers their trunk.</td>
<td>✓</td>
<td></td>
<td></td>
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<tr>
<td>There are regular sun protection reminders. (eg. through school newsletters etc.)</td>
<td>✓</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sun protection is incorporated into the planning of all outdoor events.</td>
<td>✓</td>
<td></td>
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</tbody>
</table>