



SUNSMART POLICY

Rationale

The health of students and staff is of primary concern to Coolum State Primary School.

We are aware that Queensland has the highest rate of skin cancer in the world. Two out of every three Queenslanders will get some form of skin cancer in their lifetime, and more than 1200 Australians die from this disease annually.

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.

With this in mind, Coolum State Primary School realises the need to educate students about SunSmart behaviour and protect them from the sun, 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 an educational environment that supports SunSmart practices
- Create an awareness of the need to assess and adapt work practices and various outdoor activities, where possible, to support SunSmart practices

Procedures

Coolum State School recognises that winter sun also contributes to skin damage. The purpose of this SunSmart policy is to ensure that our whole school community is protected from the harmful effects of the sun throughout the year.

Guidelines for Addressing Skin Cancer and Sun Safety through Effective Practice

- 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

Our commitment

Coolum 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)
- ✓ 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 Rationale for "SunSmart" in the school prospectus so that parents are informed about our school policy
- ✓ 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) - remain in the Junior Undercover Area or the Covered Area near the Tuckshop during all recess times. This does not include outside any classroom or the plaza area.
- ✓ ensure the school dress code conforms with the Queensland Cancer Fun SunSmart clothing guidelines
- ✓ negotiate with the Student Council to promote SunSmart Awareness in the school
- ✓ provided at sporting carnivals and other outdoor events
- ✓ review the SunSmart policy in line with the School Review

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
- ✓ 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) and sunglasses (optional)
- ✓ 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