



SUN SAFETY

RATIONALE

Queensland has the highest rate of skin cancer in the world. Of all the 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.

Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Research shows 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 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 Chancellor State College 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 outdoor activities to support SunSmart practices.

PROCEDURES

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

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

OUR COMMITMENT

Chancellor State College will:

- ✗ Inform parents of the SunSmart policy when they enrol their child
- ✗ Include the SunSmart policy statement 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, parents and community members to act as positive role models for children in all aspects of SunSmart behaviour, including hats, clothing, SPF 50+ sunscreen and sunglasses
- ✗ Seeking ongoing support from parents and the school community for the SunSmart policy and its implementation, through newsletters and parent meetings
- ✗ Ensure students and staff wear sun safe hats that protect the face, nose, neck and ears when outdoors
- ✗ SPF 50+ broad-spectrum, water-resistant sunscreen when involved in outdoor activities
- ✗ Encourage students without adequate sun protection to use shaded or covered areas at recess and lunch times
- ✗ Review the school dress code to conform with the Queensland Cancer Foundation SunSmart clothing guidelines
- ✗ Encourage suitable SunSmart swimming attire for water-based activities when practical
- ✗ Ensure wherever practicable that outdoor activities take place outside of the UV peak times of 10am-3pm
- ✗ Ensure adequate shade is provided at sporting carnivals and other outdoor events



- ✘ Ensure SPP 50+ broad-spectrum, water-resistant sunscreen is included in the school sports kit, stored as per directions on the label and the expiry date is monitored
- ✘ Review the SunSmart policy annually

OUR EXPECTATIONS

Parent/carers will:

- ✘ Provide a SunSmart hat of bucket style with a wide brim for their child and ensure they wear it to and from school
- ✘ Ensure their child applies SPF 50+ broad-spectrum, water-resistant sunscreen 20 minutes before leaving for school
- ✘ Ensure their child's clothing provides adequate protection from UVR. The Queensland Cancer Fund recommends clothing with the following features:
 - Dark coloured
 - Collars and sleeves
 - Closely woven fabric – natural fibre
- ✘ Act as positive role models by practicing SunSmart behaviour
- ✘ Support the school's SunSmart 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 SunSmart rules and guidelines by wearing suitable hats, clothing, sunscreen and sunglasses
- ✘ Apply SPF 50+ broad-spectrum, water-resistant sunscreen 20 minutes before going outdoors and reapply every two hours if outdoors for an extended period of time
- ✘ 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 SunSmart education programs