



# Wellers Hill State School

*Everyone connected, Everyday striving to succeed, Everywhere learning*



## SUN SAFE 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 later in 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 a 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 aging. Most skin damage and skin cancer is therefore preventable.

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 them from harmful effects of the sun.

With this in mind Wellers Hill 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.

**Date of commencement:** July 2021

**Review date:** July 2022

### Our Commitment

Wellers Hill State School will:

- inform parents of the SunSmart policy when they enrol their child
- include the SunSmart policy statement in the school prospectus
- incorporate education programs that focus on skin cancer prevention into the school curriculum
- seek ongoing support from parents and the school community for the SunSmart policy and its implementation, through newsletters, parent meetings, classroom activities and other communication opportunities

### Students will

- be aware of the school's SunSmart policy
- take responsibility for their own health safety by being SunSmart
- comply with SunSmart rules and guidelines by wearing suitable hats, clothing and sunscreen where appropriate.
- use shaded or covered areas outdoors
- act as positive role models for other students in all aspects of SunSmart behaviour
- help design and regularly update the SunSmart policy
- participate in SunSmart education programs

ELEMENT	STRATEGIES
Clothing Requirements	<p>Students are required to wear protective clothing, including appropriate hats, when outdoors during the school day and during school-related activities (for example, excursions/camps) to reduce students' exposure to the sun, including the following strategies:</p> <p><b>Hats</b></p> <ul style="list-style-type: none"><li>• Students are required to wear appropriate hats when outdoors. The only exceptions when playing sport are when a hat reduces visibility or interferes with activity skills and therefore poses a risk to students' safety; or when wearing a hat is not possible because other headwear is required to be worn for religious or safety</li></ul>



ELEMENT	STRATEGIES
	<p>reasons. Under these circumstances, students may remove their hats for the duration of the activity, ensuring they have applied sunscreen to uncovered skin (ideally 20 minutes) prior to participating.</p> <ul style="list-style-type: none"> <li>• Our school uniform hats are either broad-brimmed, bucket and/or legionnaire hats.</li> <li>• Staff remind students to wear hats before and during lunch breaks, and to and from outdoor activities.</li> <li>• Students who do not have hats will play in the shade or an area protected from the sun.</li> <li>• Spare clean school hats are available for students to borrow if they forget their hat.</li> </ul> <p><b>Swim Shirts</b></p> <ul style="list-style-type: none"> <li>• Students are required to wear swim shirts/rash vests during all water-based activities occurring at outdoor venues, except during their race/s at competitions and carnivals.</li> </ul>
<b>Shade Provision and Use</b>	<p>Our school maximises the use of available shade for outdoor activities:</p> <ul style="list-style-type: none"> <li>• Sports activities are rotated during the week between the hall and the oval.</li> <li>• Temporary shade structures are used as necessary for outdoor events, for example, Under 8s Day, Sports Day, Grandparent's Day.</li> </ul>
<b>Education</b>	<p>Our school provides educational programs on sun safety and preventative measures through the following strategies:</p> <ul style="list-style-type: none"> <li>• Staff include the risk of exposure to UVR in their curriculum activity risk assessments for outdoor activities, which includes ensuring that adequate shade is available for outdoor activities where possible, for example, using temporary shade structures.</li> </ul> <p><b>Incidental teaching and promoting sun safe behaviours</b></p> <ul style="list-style-type: none"> <li>• Incidental teaching of personal sun safety strategies occurs in all year levels as part of the school routine on a regular basis, for example, through reminders to students to wear hats and apply sunscreen.</li> </ul> <p><b>Staff professional development</b></p> <ul style="list-style-type: none"> <li>• Staff are informed about the school's sun safety policy and its requirements on induction.</li> </ul>
<b>Sunscreen Provision</b>	<p>Our school recognises the importance of sunscreen use as a sun safe measure and implements the following strategies:</p> <ul style="list-style-type: none"> <li>• The school supplies SPF 30 or higher broad-spectrum, water-resistant sunscreen for student use.</li> <li>• Parents/carers are encouraged through social media and newsletter items to have their children apply sunscreen before school.</li> </ul>



ELEMENT	STRATEGIES
	<ul style="list-style-type: none"> <li>Parents/carers are encouraged to provide sunscreen for their child if they don't wish their child to use the school's sunscreen.</li> </ul>
<b>Modelling Sun Safe Behaviours</b>	<p>Our school promotes the importance of parents/carers, teachers, ancillary staff, volunteers and other adult supervisors as role models for students using the following strategies:</p> <ul style="list-style-type: none"> <li>Staff and P&amp;C members are to use sun safe hats and clothing, sunglasses and sunscreen when doing their duties, running outside activities, and when on excursions/camps.</li> <li>Parents/carers are encouraged to have their children apply sunscreen before they come to school and provide personal sunscreen for their children to use at school.</li> <li>Umbrellas can only be used in conjunction with a broad-brimmed hat.</li> </ul>
<b>Additional strategies</b>	<p>Other strategies our school uses to be sun safe include:</p> <ul style="list-style-type: none"> <li>Sunscreen stations are set up at sports days and swimming carnivals.</li> </ul>

#### Evaluation

Wellers Hill State School staff and P&C will review the effectiveness of this policy each year. They will:

- Review the SunSmart behaviour of students, staff, parents and visitors and make recommendations for improvement.
- Assess shade provision and usage and make recommendations for increases in shade provision
- Update and promote curriculum material relevant to SunSmart activities

#### Conclusion

By implementing this policy the school is ensuring that students' potential risk of damage by the harsh Queensland sun is minimized.

#### Endorsed by:

Cath Scott P&C President

C. E. Scott

Megan Reeves Staff representative

M. Reeves

#### Approved by:

Vicki Caldow - Principal

V. Caldow

Date of approval:

21/07/2021