



SUNSMART POLICY STATEMENT

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. Given students are at school during peak ultraviolet radiation (UVR) times throughout the day, between 10am and 2pm, 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 students are at school. As students will spend a portion of their day outdoors, we are committed to protecting them from the harmful effects of the sun. Skin damage is NOT just an 'old person's' problem. Children as young as 16 years have been diagnosed with melanoma and have required major surgery.

With this in mind **FERNY GROVE STATE HIGH SCHOOL** realises the need to protect students' 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; and
- Create an awareness of the need to reschedule work commitments and outdoor activities to support SunSmart practices where possible.

Procedures

Our school recognises that winter sun also contributes to skin damage. This policy will therefore be implemented throughout the year. The purpose of this SunSmart policy is to ensure all students and staff attending our establishment are protected from the harmful effects of the sun as much as possible throughout the year.

Our Commitment

FERNY GROVE STATE HIGH SCHOOL will:

- Include the SunSmart policy statement in the school website;
- 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;
- Promote the importance of parents, teachers, support staff and volunteers as role models for students in relation to sun safety strategies;
- Seek ongoing support from parents and the school community for the SunSmart policy and its implementation, through newsletters and parent meetings;
- Strongly encourage all students and staff to wear hats that protect the face, neck and ears and SPF 30+ broad-spectrum, water-resistant sunscreen particularly to the face and back of the hands, when involved in outdoor activities;
- Encourage students without adequate sun protection to use shaded or covered areas at recess and lunch times;

- Consider sun protection when determining or reviewing school uniform designs;
- Provide flexible planning of activities to reduce, as far as practicable, time spent by students in the sun between 10am and 2pm;
- Encourage students to wear swim shirts during all water-based activities with the exception of competitions and carnivals
- Ensure shade is provided at sporting carnivals and other outdoor events;
- Ensure SPF 30+ broad-spectrum, water-resistant sunscreen is included in the school sports kit;
- Make SPF 30+ broad spectrum water based sunscreen available for student and staff use on uncovered areas of skin such as the face and back of the hands for all outdoor activities in the event their personal supply is not available;
- Consider sun safety in relation to parent association projects and activities; and
- Review the SunSmart policy annually.

Our Expectations

Students will be encouraged to:

- Use shaded or covered areas when outdoors;
- Take responsibility for their own health and safety by being SunSmart;
- Wear suitable hats and clothing in accordance with the uniform guidelines;
- Apply SPF 30+ broad spectrum water based sunscreen to all uncovered parts of the skin such as the face and back of the hands for all outdoor activities
- Act as positive role models for other students in all aspects of SunSmart behaviour;
- Help to design and update the SunSmart policy; and
- Participate in initiatives to protect the school population from excessive exposure to the sun.
- Wear swim shirts during all water-based activities with the exception of competitions and carnivals

Staff will be encouraged to:

- Be aware of the school's SunSmart policy;
- Take responsibility for their own health and safety by being SunSmart;
- Encourage students to wear suitable hats, clothing and sunscreen in accordance with the uniform guidelines;
- Act as positive role models for students in all aspects of SunSmart behaviour;
- Help to design and regularly update the SunSmart policy; and
- Participate in initiatives to protect the school population from excessive exposure to the sun.

Parents/caregivers will be encouraged to:

- Be aware of the school's SunSmart policy;
- Encourage students to wear suitable hats, clothing and sunscreen in accordance with the uniform guidelines;
- Act as positive role models for students in all aspects of SunSmart behaviour;
- Help to design and update the SunSmart policy; and
- Participate in initiatives to protect the school population from excessive exposure to the sun.