SUN SMART POLICY STATEMENT

Yarwun State Primary School

Rationale

Queensland has the highest rate of skin cancer in the world. Two out of every three Queenslanders will develop some sort of skin cancer in their lifetime. Research suggests that at least two-thirds of all melanomas occurring in Australia could be prevented if children were protected from the sun during their first 15 years.

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, blisters 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.

With this in mind Yarwun State Primary School realises the need to protect children's skin and educate them about Sun Smart 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 Sun Smart practices
- create an awareness of the need to reschedule work commitments and outdoor activities to support Sun Smart 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 Sun Smart policy is to ensure that all children attending our school are, where practical, protected from the harmful effects of the sun throughout the year.

Our commitment

Yarwun State Primary School will:

- inform parents of the Sun Smart policy when they enrol their child
- include the Sun Smart 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 from Year 1 to Year 7 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 Sun Smart behaviour
- seek ongoing support from parents and the school community for the Sun Smart policy and its implementation, through newsletters, parades etc.
- ensure that all pupils wear hats that protect the face, neck and ears, and SPF 30 or higher, broad-spectrum, water-resistant sunscreen is available.
- reinforce “NO HAT, NO PLAY” rule.
- insist pupils without adequate sun protection are restricted to shaded or covered areas at recess and lunch times.
• review the school dress code to conform with the Queensland Cancer Fund Sun Smart clothing guidelines
• ensure that, wherever practicable, outdoor activities take place before 10 a.m. or after 2 p.m. (Australian Eastern Standard Time – AEST)
• ensure that adequate shade is provided at sporting carnivals and other outdoor events
• review the Sun Smart policy annually.
• encourage water intake
• posters displayed in Library to coincide with Health Promotions

Our expectations

Parents/carers will:
• provide a Sun Smart hat for their child and ensure that they wear it to and from school.
• ensure that their child applies SPF 30 or higher, broad-spectrum, water-resistant sunscreen 20 minutes before leaving for school
• reinforce "No Hat, No Play" rule.
• 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
• encourage water intake
• act as positive role models by practising Sun Smart 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 Sun Smart policy
• take responsibility for their own health and safety by being Sun Smart
• comply with Sun Smart rules and guidelines by wearing suitable hats, clothing, sunscreen and sunglasses
• apply SPF 30 or higher, broad-spectrum, water-resistant sunscreen 20 minutes before going outdoors
• use shaded or covered areas when outdoors
• act as positive role models for other pupils in all aspects of Sun Smart behaviour
• help to design and regularly update the Sun Smart policy
• participate in Sun Smart education programs.

Considered and accepted by the Yarwun State Primary School staff

Pauline Porch (Principal) R. Penrose (Sun Smart Co-ordinator)

Considered and accepted by the Yarwun State Primary School Parents & Community Association 2011

Roberta Rodden (President)