

NEWMARKET STATE SCHOOL

Sun Protection Policy

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 fifteen 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, blemishes and premature ageing. Most skin damage and skin cancer is therefore preventable.

With this in mind, Newmarket State School realises the need to protect children's skin and educate children 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 encourage and support all children in taking responsibility for their own protection from the harmful effects of the sun throughout the year.

Our commitment

Newmarket State 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 that focus on sun smart behaviour in 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, parent meetings etc.
- encourage all parents and school visitors to act as positive role models for children in all aspects of Sun Smart behaviour when involved in outdoor activities and events at school.
- ensure all students wear hats that protect the face, neck and ears, and SPF30+ broad-spectrum, water-resistant sunscreen, when involved in outdoor activities, **no baseball caps**.
- ensure students attending outdoor swimming lessons are required to wear T-shirts, rash-vests or swimwear which fully covers their trunk.

- encourage students without adequate sun protection to use shaded or covered areas at recess and lunch times – **no hat, no outdoor U.V. activities.**
- ensure sun protection is incorporated into the planning of all outdoor events.
- ensure that adequate shade is provided at sporting carnivals and other outdoor events.
- ensure that SPF30+ broad-spectrum, water-resistant sunscreen is available for staff and students whenever they go outside, encourage students to wear sun-screen to school.
- review the Sun Smart policy biennially, with the next review in 2021.

Our expectations

Parents/carers are kindly requested to:

- provide a Sun Smart hat for their child and ensure that they wear it to and from school. The Queensland Cancer Fund recommends the following hats:
 - **8-10cm broad-brimmed**
 - **Legionnaire-style**
 - **Bucket hats (minimum of 6 cm brim)**
- ensure that their child applies SPF30+ 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:
 - collars and sleeves
 - closely woven fabric
 - natural fibre
- model Sun Smart behaviour at all outdoor school activities and events.
- support the school's Sun Smart policy and help to 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 the Sun Smart rules and guidelines by wearing Sun Smart hats, clothing, sunscreen to all outdoor activities eg P.E. lessons, sport, excursions, camps & free dress days.
- apply SPF30+ broad-spectrum, water resistant sunscreen 20 minutes before going outdoors.
- use shaded or covered areas when outdoors.
- act as positive role models for other students in all aspects of Sun Smart behaviour.
- help to design and regularly update the Sun Smart policy.
- participate in Sun Smart education programs.