



# Yarraman P-9 State School

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## Yarraman P-9 State School Sun Smart Policy

### FOREWORD

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 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 during all seasons. 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. Ultraviolet radiation (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 the harmful effects of the sun.

Yarraman P-9 State School realise the need to protect children's skin and educate them about Sun Smart behaviour, thus reducing their risk of skin damage from exposure to the sun. The school wants to work collaboratively with the school community as we all have a part to play, particularly parents who are responsible for seeing their children are correctly attired for school. School hats are available from Uniform Shop – bucket/wide-brim design. Caps are not considered appropriate protection against the sun and therefore children will not be allowed to wear caps at Yarraman P-9 State School.

### PURPOSE

The purpose of the policy is to ensure that all children attending this school are protected from skin damage caused by the harmful ultraviolet rays of the sun.

### AIM

- ◆ To have all children wearing approved bucket hat or wide brim hats (not caps)
- ◆ Provide ongoing education that promotes personal responsibility for skin cancer prevention and early detection
- ◆ To develop a positive attitude towards preventative measures for skin cancer
- ◆ 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

### General Skin Protection Strategies

- ◆ Children will wear broad brim hats which protect the face, neck and ears whenever they are outside (e.g. recess, lunch, sport, carnivals, outdoor excursions and activities)
- ◆ Children who do not have their hats during playtime will play in an area protected from the sun
- ◆ Children will be encouraged to use available areas of shade for outdoor play activities
- ◆ Outdoor activities will be held in areas of shade, whenever possible
- ◆ Staff will be encouraged to act as role models by practising Sun Smart behaviours:-
  - wearing protective hats and clothing for all outdoor activities;
  - using a SPF 50+, broad spectrum, water-resistant sunscreen for skin protection;
  - seeking shade whenever possible.



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## Our commitment

Yarraman P-9 State School has a commitment to:

- ◆ inform parents of the Sun Smart policy when they enrol their child
- ◆ ensure adults act as positive role models by practising Sun Smart behaviour, i.e. wear broad brimmed hats outdoors (broad brimmed where practicable), apply SPF 50 sunscreen, wear clothing and sunglasses which provide adequate protection
- ◆ incorporate education programs that focus on skin cancer prevention into the school curriculum e.g. incorporated in many various PBL lesson
- ◆ provide and remind students to apply sunscreen 20 minutes before going outside and to reapply every 2 hours when outdoors for extended periods of time, wear hats and to play in shaded areas
- ◆ involve students in a variety of learning activities which develop knowledge, attitudes and skills relevant to personal skin protection on an annual basis
- ◆ use shaded areas for outdoor activities where possible (including erecting the portable shades)
- ◆ encourage students to wear hats as they leave the classroom for outdoor activities, recess and after school
- ◆ encourage students to wear appropriate 'wet shirts' for swimming lessons
- ◆ encourage students to wear sunglasses that are close fitting, wrap-around sunglasses that meet the Australian Standard AS1067
- ◆ educate students for self-responsibility
- ◆ assist parents with ideas to encourage their children to be Sun Smart
- ◆ educate and raise awareness within the school community about the dangers and long term effects of over exposure to the sun
- ◆ take appropriate measures during times of extreme UVR levels (i.e. no oval days)
- ◆ provide an ample amount of shade in the school grounds and conduct regular shade assessments to determine future needs
- ◆ 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 students and staff wear hats that protect the face, neck and ears, and SPF 50+ broad-spectrum, water-resistant sunscreen, when involved in outdoor activities
- ◆ insist students without adequate sun protection to use shaded or covered areas at recess and lunch times (a No Hat-No Play Policy is in place at the school)
- ◆ ensure the school dress code conforms to Sun Smart clothing guidelines, this includes shirts with collars and elbow length sleeves, shorts and skorts.
- ◆ ensure that, where practicable, outdoor activities take place before 10.00am or after 3.00pm
- ◆ ensure that adequate shade is provided at sporting carnivals and other outdoor events
- ◆ keep abreast of current research in Sun Smart behaviour, i.e. the wearing of sunglasses
- ◆ review the Sun Smart policy annually
- ◆ ensure that school hats are appropriate and satisfy Australian Cancer Society and Queensland Cancer Fund guidelines
- ◆ provide more shelters and shade trees
- ◆ provide SPF 50+, broad spectrum, water-resistant sunscreen for staff and student use whenever possible
- ◆ reinforce regularly the Sun Smart Policy in a positive way through newsletters, parent meetings, student and teacher activities.



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## Our expectations

### Parents/Carers will be:

- ◆ informed of the Sun Smart Policy
- ◆ requested to purchase a school hat or provide an appropriate hat for their child's use
- ◆ encouraged to provide SPF 50+, broad-spectrum, water-resistant sunscreen for their child's use
- ◆ ensure that their child's clothing provides adequate protection from UVR.
- ◆ encouraged to provide their child with sunglasses that are close fitting, wrap around style that meet Australian Standard AS1067
- ◆ a positive role that models practising Sun Smart behaviour
- ◆ supportive of the school's Sun Smart policy and plan in principle and in practice
- ◆ a reflective resource who support the design and updates the schools policy and plan
- ◆ asked to wear suitable hats and other sun protective clothing when volunteering at school for outdoor activities
- ◆ asked to wear a protective sun shirt or T-shirts during all school water-based activities.

### The 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 Safe rules and guidelines e.g. wear a wide-brimmed hat; clothing, sunscreen (compulsory) and sunglasses (optional)
- ◆ support each other and observe Sun Safe practices;
- ◆ apply SPF50+ broad spectrum, water-resistant sunscreen at appropriate times
- ◆ use shaded or covered areas when outdoors as much as possible
- ◆ 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.

## Policy Timing and Review

- ◆ This policy is effective from 27<sup>th</sup> January 2020 and will be reviewed every year to ensure it remains current and practical.
- ◆ Policy update and requirements will be made available to the school community.

Date policy was reviewed \_\_\_\_\_

Considered and accepted by  
Staff

Considered and accepted by the  
Parents & Citizens Committee

Considered and accepted by the  
Work Place Health and Safety  
Committee

Mr Kurt Rose  
Principal

Mrs Linda Smith  
P & C President

Mr Trevor Cook  
Work Place Health and Safety Advisor