



## Sun Smart Policy Statement

### Rationale

This Sun Smart Policy has been developed to ensure that all students and workers (ie teachers, staff and volunteers) of Albany Creek State High School maintain a healthy UV exposure balance, which minimises the risk of skin cancer with appropriate sun protection measures, yet ensures some daily sun exposure for vitamin D requirements.

With this in mind, Albany Creek State High School realises the need to protect students' 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; and
- Encourage the entire school community to use a combination of sun protection measures.

### 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 Sun Smart 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.

- Include the Sun Smart 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 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;
- 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;
- 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;
- 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;
- Teachers who have Playground Duty on the oval are given Sun Smart specific instructions and will have SPF 30+ broad spectrum sunscreen for students to apply;
- Consider sun safety in relation to parent association projects and activities and
- Review the Sun Smart 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 Sun Smart;
- 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 Sun Smart behaviour;
- 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 Sun Smart policy;
- Take responsibility for their own health and safety by being Sun Smart;
- 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 Sun Smart behaviour;
- Help to design and regularly update the Sun Smart 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 Sun Smart 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 Sun Smart behaviour and
- Participate in initiatives to protect the school population from excessive exposure to the sun.

## **Links and Resources:**

<http://ppr.det.qld.gov.au/education/community/Procedure%20Attachments/Developing%20a%20Sun%20Safety%20Strategy/guidelines.pdf>