

**POLICY: SUNSMART POLICY**

**Policy Manager:**

**Code: 038**



**Kawana Waters State College**

**Policy Subject: SunSmart Policy Guidelines**

**Date Passed: 21.03.2019**

**Policy No. 038**

**Related policies:**

**Principles and Purposes:**

- 1. Queensland has the highest rate of skin cancer in the world.**
- 2. Students need to protect themselves from exposure to the sun for prolonged periods especially in the middle of the day.**

**Guidelines and Procedures:**

**Rationale**

Queensland has the highest rate of skin cancer in the world. It is the most common form of cancer in Australia, affecting all age groups and accounting for around 80 per cent of all new cancers diagnosed each year.

Research indicates childhood sun exposure is an important contributing factor to the development of skin cancer in later life. Given students are at the College during peak ultraviolet radiation (UVR) times throughout the day, schools play a major role in both minimising students' UVR exposure and providing an environment where policies and procedures can positively influence student behaviour.

With this in mind, Kawana Waters State College realises the need to protect all members of the College community and educate them about SunSmart behaviour, thus reducing the risk of skin damage and other health related issues as a result of excessive sun exposure.

**Aims**

The policy aims to:

- Increase student and community awareness about sun protection to reduce the risk of skin cancer, sun damage, dehydration and other health issues.
- Encourage the entire College community to use a combination of sun protection measures all year round to promote a safe school environment and a healthy workplace
- Assist students to be responsible for their own sun protection

## **Our Commitment**

Kawana Waters State College will:

### **Communicate and educate:**

- inform parents of the SunSmart policy when they enrol their child
- include the SunSmart policy statement in the College enrolment package, College formation booklet and College Website.
- incorporate education programs that develop knowledge, skills, attitudes and values to make informed choices around sun safety (where possible connected to the range of health issues)
- regularly communicate the College commitment to sun safe practices, through College newsletters and other communication methods

## **Create a healthy physical environment**

### **Seek shade**

- Provide a variety of shade (i.e. built, natural and portable) in areas where students congregate including areas for lunch, outdoor teaching and sport.
- Encourage students to use available shade.
- Consider shade availability when planning all outdoor events and excursions.
- Conduct regular shade assessments to determine future needs.
- Avoid removal of shady trees where possible and replace with others shady trees.

### **Slip on sun protective clothing**

- Make school uniforms SunSmart as per Cancer Council Queensland recommendations. This includes shirts with collars and sleeves and longer style dresses and shorts.
- Encourage rash vests or t-shirts for outdoor swimming.

### **Slap on a hat**

- Wear a College broad brimmed hat (Primary) and College cap (Secondary only) at all times when in the sun.

### **Slop on sunscreen**

- Make available SPF 30 or higher broad spectrum, water resistant sunscreen or encourage students to supply their own.
- Encourage students to apply sunscreen 20 minutes before going outdoors and to reapply every 2 hours when outdoors for extended periods.

### **Slide on sunglasses (optional)**

- Where practical, students are encouraged to wear close-fitting, wrap-around sunglasses that meet the Australian Standard AS1067.

## **Our Expectations**

### **Role modelling by staff:**

- Ask staff to role model good sun protection behaviours when outside, including:
- Wearing sun-safe hats, clothing and sunglasses.
- Applying SPF30 or higher broad spectrum, water resistant sunscreen.
- Seeking shade whenever possible.

### **Parents/Carers will:**

- provide a College hat (Primary) and College cap (Secondary only) for their child and ensure that they wear it.
- ensure that their child applies SPF 30+ broad-spectrum, water-resistant sunscreen 20 minutes before leaving for the College
- act as positive role models by practising SunSmart behaviour
- support the College SunSmart policy

### **Students will:**

- comply with the College SunSmart policy
- wear a College hat (Primary) and College cap (Secondary only) at all times when in the sun.
- wear College SunSmart uniform
- take responsibility for their own health and safety by being SunSmart
- apply SPF 30+ 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 SunSmart behaviour

## **Policy Timing and Review**

This policy is effective from 21 March 2019 and will be reviewed every three years to ensure it remains current and practical.