

Narangba Valley State School

Sun Smart Policy 2020



RATIONALE

Queensland has the highest rate of skin cancer in the world. Of all the new cancers diagnosed in Australia each year, 80% are skin cancers. Research indicates that childhood sun exposure is an important contributing factor to the development of skin cancer in later life. Given that students are at school during peak ultraviolet radiation (UVR) times throughout the day, schools play a major role in minimising UVR sun exposure opportunities, educating students about sun safe practices and implementing policies and procedures that positively influence student behaviour.

Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Severe sunburn contributes to skin cancer and other forms of skin damage such as sunspots, blemishes and premature ageing. Most skin cancer is preventable. As UVR levels are the highest during the hours

are attending school, the Narangba Valley State School Community are committed to minimising circumstances in which students will be exposed to excessive sun exposure. Our community realises the need to be proactive in protecting our students through education, policy implementation and modeling preventative, proactive behaviours.

POLICY AIMS

Through the implementation of this policy the Narangba Valley State School Learning Community aims to:

- ❖ Provide ongoing education that promotes personal responsibility for skin cancer prevention and early detection
- ❖ Provide environments that support SunSmart practices
- ❖ Create an awareness of the need to schedule outdoor activities to support Sun Smart practices
- ❖ All staff to practise and model Sun Smart policy annually through all 4 seasons of the year

OUR COMMITMENT

In endorsing sun smart practices within our school, the Narangba Valley State School Learning Community is committed to:

- ❖ Informing parents of Sun Smart practices when they enroll their child at our school
- ❖ Regularly reviewing the school dress code ensuring compliance with the Cancer Council clothing guidelines (Dark colored, collars and sleeves, closely woven fabric – UPF 50+, 8cm - 10cm broad brimmed hat (or alternative option 6 cm angled bucket hat for some sports))
- ❖ Annually reviewing the school's Sun Smart Policy
- ❖ Re-affirming our commitment to sun safety in our school Parent Handbook
- ❖ Encouraging outside play under designated covered, shady play areas
- ❖ Providing Sun Smart extra-curricula alternatives for students to engage in during lunch times.
- ❖ Encouraging all teachers and staff to act as positive role models for students in all aspects of Sun Smart behaviour
- ❖ Seeking continued ongoing support from parents and the school community for sun safe practices through regular reminders school newsletters

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- ❖ Continuing to include the schools 8cm to 10cm broad brimmed hat as a mandatory component of Narangba Valley State School's uniform
 - ❖ Ensuring that all students and staff wear hats that protect the face, neck and ears
 - ❖ Enforcing the implementation of our no hat, play in the shade rule
 - ❖ Providing an SPF 50+ broad spectrum water based sunscreen for all students to use on uncovered areas of the skin, such as the face and the back of the hands for outdoor activities
 - ❖ Ensuring that adequate shade/ Sun Smart procedures are put in place when students engage in sporting carnivals
 - ❖ Mandating the wearing of sun shirts and sunscreen when engaging in water based activities in either school swimming or camp/ excursion activities
 - ❖ Modifying/ cancelling physical activity during days with periods of extreme UV ratings

EXPECTATIONS OF OUR COMMUNITY

In committing to Sun Smart practices our learning community will:

Parents and Caregivers

- Provide a Sun Smart hat for their child and ensure they wear it to and from school
- Ensure they wear the required school uniform to school
- Encourage the use of SPF 50+ broad spectrum sunscreen
- Act as positive role models by practising Sun Smart behaviour
- Support the schools' Sun Smart policy and contribute to its regular review
- Implement Sun Smart procedures when their child is engaging in water based activities such as school swimming and camps/ excursions
- Ensure your child is wearing an appropriate swim shirt when engaging in all outdoor water based activities of a non competitive nature

Students

- Become familiar with and comply with Sun Smart practices and expectations
- Wear the school uniform to school
- Participate in Sun Smart learning experiences as integrated in class units
- Act as positive role models for other students in relation to all Sun Smart expectations outlined in this policy
- Wear swim shirts when engaging in outdoor water based activities that are not of a competitive nature

Staff

- Act as positive role models by practising Sun Smart behaviour
- Incorporate learning experiences within teaching units that raise awareness of Sun Smart behaviours
- Ensure all students engaging in outdoor activities wear an 8 cm broad brimmed hat

- Provide a SPF 50+ broad spectrum water based sunscreen for all students to use on uncovered areas of the skin, such as the face and the back of the hands for outdoor activities
- Ensure swim shirts are worn by Preparatory to Year 6 students during all outdoor water-based activities with the exception of competitions and carnivals
- Give consideration to not scheduling Health and Physical Education for the early years classes in the middle of the school day (If they are scheduled in this time, supporting the instruction of the lesson under a covered play)