



Hervey Bay State High School

Sunsmart Policy



Rationale

Queensland has the highest rate of skin cancer in the world. Of all new cancers diagnosed in Australia each year, 80 per cent are skin cancers. Given students are at school during peak ultraviolet radiation (UVR) times throughout the day, between 10am and 3pm, schools play a major role in both minimising a student's UVR exposure and providing an environment where policies and procedures can positively influence student behaviour.

Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Research shows 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 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.

With this in mind Hervey Bay State High School realises the need to protect children's skin and educate them about SunSmart 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 SunSmart practices; and
- Create an awareness of the need to support SunSmart practices in daily class work and outdoor activities.

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 SunSmart policy is to ensure all children attending our establishment are protected from the harmful effects of the sun throughout the year.



Our Commitment

Hervey Bay State High School will:

- Inform parents of the school's SunSmart policy when they enrol their child;
- Include the SunSmart policy statement on the website;
- Encourage students to remain under shade in the school grounds where possible
- Incorporate education programs that focus on skin cancer prevention into the school curriculum;
- Encourage all teachers and staff to act as positive role models of SunSmart behaviour;
- Seek ongoing support from parents and the school community for the SunSmart policy and its implementation, through newsletters and parent meetings;
- Ensure all students and staff wear hats that protect the face, neck and ears and
- SPF 30+ broad-spectrum, water-resistant sunscreen, when involved in outdoor activities;
- Encourage students without adequate sun protection to use shaded or covered areas at recess and lunch times;
- Review the school dress code to conform with The Cancer Council Queensland SunSmart clothing guidelines – namely, a uniform that protects students while at school
- Encourage sleeves and applicable cover for outdoor activities, including swimming;
- Ensure wherever practicable that outdoor activities take place before 10am and after 3pm;
- Ensure adequate shade is provided at sporting carnivals and other outdoor events;
- Encourage the wearing of sunglasses for outdoor lessons;
- Ensure SPF 30+ broad-spectrum, water-resistant sunscreen is included in the school sports kit; and
- Review the SunSmart policy annually.

Our Expectations

Students will:

- Be aware of the school's SunSmart policy;
- Use shaded or covered areas when outdoors;
- Take responsibility for their own health and safety by being SunSmart;
- Comply with SunSmart rules and guidelines by wearing suitable hats, clothing correctly, sunscreen and sunglasses;
- Act as positive role models for other students in all aspects of SunSmart behaviour;
- Help to design and regularly update the SunSmart policy; and
- Participate in initiatives to protect the school population from excessive exposure to the sun.

