



Fernvale State School

Attitude ~ Action ~ Achievement

Sunsmart Policy



SUNSMART POLICY STATEMENT

Rationale

Queensland has the highest rate of skin cancer in the world. Two out of every three Queenslanders will develop some sort of skin cancer in their lifetime. Research suggests that at least two-thirds of all melanomas occurring in Australian 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. 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.

With this in mind, Fernvale State 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. The Queensland State Government also highlights Sun Safety as a key priority.

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.
- Create an awareness of the need to reschedule work commitments and outdoor activities to support SunSmart practices.

Our Commitment

Fernvale State School will:

- Inform parents of the SunSmart policy when they enrol their child.
- Include the SunSmart policy statement in the school prospectus.
- Increase the amount of shade in the school grounds, where possible, by building shelters and planting trees.
- Incorporate education programs that focus on skin cancer prevention into the school curriculum.
- Encourage all teachers and staff to act as positive role models for children in all aspects of SunSmart behaviour.
- Seek ongoing support from parents and the school community for the SunSmart policy and its implementation, through newsletters, parent meetings etc.
- Ensure that all students and staff wear SunSafe hats that protect the face, neck and ears. All classes will be supplied SPF30+ broad-spectrum, water-resistant sunscreen. Teachers will encourage students to apply sunscreen when involved in outdoor activities.
- Maintain the school dress code which conforms with the Queensland Cancer Fund SunSmart clothing guidelines.
- Children attending Fernvale State School must wear SunSafe clothing ie. Clothes must cover shoulders and torso and must wear a SunSafe hat.
- Ensure all students wear appropriate SunSmart swimwear when participating in outdoor water activities.
- Ensure that, where practicable, outdoor activities take place before 10:00am or after 3:00pm.
- Endeavour to increase the amount of adequate shade that is provided at sporting carnivals and other outdoor events.
- Ensure that SPF 30+ broad-spectrum, water-resistant sunscreen is included in the school sports kit and first aid.
- Ensure a “No SunSafe hat, No play” at all times. Children without a SunSafe hat must stay in designated undercover areas (no play).
 - ie. Year 6 – covered eating area outside K Block and Resource Centre
 - Year 5 – under covered eating area
 - Year 4 – covered eating area outside K Block and Resource Centre
 - Year 2 & 3 – under covered eating area
 - Prep & Year 1 – covered eating area outside of B Block
- Review the SunSmart policy annually

Our expectations

Parents / carers will:

- Provide a SunSmart hat for their child and ensure that they wear it to and from school. The Queensland Cancer Fund recommends the following hats:
 - 8 to 10cm broad-brimmed or Bucket Hat (both available from the school tuckshop in School colours and Logo)
 - Legionnaire-style. (**Caps are not SunSafe clothing**).
- Ensure that their child applies SPF 30+ broad-spectrum, water-resistant sunscreen 20 minutes before leaving for school.
- Complies with the school SunSafe policy.
- Act as positive role models by practising SunSmart behaviour
- Support the school's SunSmart policy and help to design and regularly update the policy.

Students and staff will:

- Be aware of the school's SunSmart policy
- Take responsibility for their own health and safety by being SunSmart.
- Comply with SunSmart rules and guidelines by wearing suitable hats, clothing and sunscreen.
- Apply SPF 30+ broad-spectrum, water resistant sunscreen before going outdoors.
- Act as positive role models for other students in all aspects of SunSmart behaviour.
- Help to design and regularly update the SunSmart policy.
- Participate in SunSmart education programs.