

Being Sun Smart at Nundah State School

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 cancerous melanomas occurring in Australia 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, Nundah State School School realises the need to protect children's skin and educate them about Sun Smart behaviour, therefore reducing the risk of skin damage and exposure to the sun.

Aims

Through this policy, the school aims to:

- provide ongoing education that promotes personal responsibility for skin cancer proven and early detection.
- provide environments that support Sun Smart practices.
- create an awareness of the need to reschedule work commitments and outdoor activities support Sun Smart practices.

Procedures

Nundah State School values sun safety. Our school rules make wearing a hat compulsory during breaks and Physical Education activities that are outside. We strongly recommend that hats are also worn before and after school and that sunscreen be applied at home each morning and reapplied at morning tea and lunch time by our students.

Our school recognises that winter sun also contributes to skin damage. The implementation of the policy will therefore be conducted throughout the year. The purpose of the Sun Smart policy is to ensure that all children attending our school are protected from the harmful effects of the sun throughout the year.



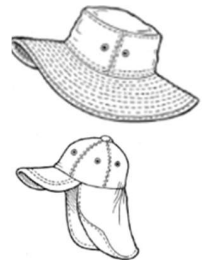
Our expectations...

We will minimise the risk of sun damage to our students by:

- informing parents of this Sun Smart policy when they enrol their child and to include the Sun Smart policy statement in the school enrolment pack.
- increasing the amount of shade in the school grounds, where possible, by building shelters, planting trees etc.
- having undercover eating areas for all students.
- incorporating education programs that focus on skin cancer prevention into the school curriculum.
- encouraging all staff to act as positive role models for children in all aspects of Sun Smart behaviour, for example, wearing a hat when outside; a swim shirt when in the pool.
- seeking ongoing support from parents and the school community for the Sun Smart policy and implementation, through newsletters, parent meetings etc.
- ensuring that all students and staff wear hats that protect the face, neck and ears.
- encouraging staff and students to use SPF sunscreen.
- reviewing the school uniform to conform with the Queensland Cancer Fund Sun Smart clothing.
- ensuring that all students swimming wear a sunshirt.

Parents/carers will:

- provide a Sun Smart hat for their child and ensure that they wear it to and from school. (The Queensland Cancer Fund recommends the broad-brimmed or legionnaire-style)
- ensure that their child applies SPF30 or higher, broad-spectrum, water-resistant sunscreen 20 minutes before leaving for school
- ensure that their child's clothing provides adequate protection from UVR.
- act as positive role models by practising Sun Smart behavior.
- support the school's Sun Smart policy and help to design and regularly update the policy



Students will:

- be aware of the school's Sun Smart policy.
- take responsibility for their own health and safety by being Sun Smart.
- comply with Sun Smart rules and guidelines by wearing suitable hats, clothing, sunscreen.
- act as positive role models for other students in all aspects of Sun Smart behaviour.
- help to design and regularly update the Sun Smart policy.
- participate in Sun Smart education programs.

Guidelines

Schools should:

- ensure that, wherever practicable, outdoor activities take place before 10am or after 2pm (Australian Eastern Standard Time [AEST])
- ensure that adequate shade is provided at sporting carnivals and other outdoor events
- incorporate a Sun Smart swimsuit into the school uniform
- review the Sun Smart policy annually.