



SUNSMART POLICY

(February 2014)

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. Research indicates childhood sun exposure is an important contributing factor to the development of skin cancer in later life. 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, The Glennie 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 reschedule outdoor activities to support SunSmart practices.

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 and employees attending our School are protected from the harmful effects of the sun throughout the year.

The Policy applies to all School activities (K-12), including sports carnivals, excursions and camps, and Outside School Hours Care.

Our Commitment

The Glennie School will:

- Inform parents of the School's SunSmart Policy when they enrol their daughter.
- Include the SunSmart Policy statement in Outside School Hours Care material.
- Include the SunSmart Policy statement in the Kindergarten Parent Handbook and the Junior Years Student Record Book.
- Include the SunSmart Policy statement in the Middle and Senior Years Student Handbook.
- Maximise the amount of shade in the School grounds, by building shelters and planting trees, where appropriate.
- Incorporate into the curriculum, education programs, from Kindergarten to Year 12, that focus on skin cancer prevention.
- Encourage teachers and staff to act as positive role models for students in all aspects of SunSmart behaviour. This involves:
 - a) Wearing appropriate hats and clothing for all outdoor activities.
 - b) Using SPF 30 or higher, broad-spectrum sunscreen.
 - c) Wearing sunglasses that meet the Australian Standard (AS/NZS 1067:2003).
 - d) Seeking shade wherever possible.
- Seek ongoing support from parents and the School community for the SunSmart Policy and its implementation, through newsletters, parent meetings etc.
- Require students to wear their hats at all times when they are outdoors, and to apply sunscreen when involved in outdoor activities.
- Provide approved sunscreen at a number of strategic locations around the School.
- Encourage students to wear appropriate clothing for all outdoor activities (dark-coloured, closely woven fabric, collars and sleeves, natural fibre).
- Monitor the School uniform so that it conforms to Queensland Cancer Fund SunSmart clothing guidelines.
- Insist that students without adequate sun protection use shaded or covered areas at recess and lunch times.
- Ensure that, wherever practicable, outdoor activities take place before 10 a.m. or after 3 p.m.
- Ensure that, wherever possible, shade is provided at sporting carnivals and other outdoor events.
- Encourage the wearing of sunglasses by students for outdoor activities, including break and lunch times.
- Encourage water intake.
- Review the SunSmart Policy biennially.

Student Expectations

Students will be expected to:

- 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, sunscreen and possibly sunglasses.
- Use shaded or covered areas when outdoors.
- Act as positive role models for other students in all aspects of SunSmart behaviour.
- Participate in initiatives to protect the School population from excessive exposure to the sun.