



## **SUNSMART POLICY STATEMENT**

### **RATIONALE**

Too much exposure to ultraviolet (UV) radiation from the sun causes sunburn, skin damage and increases the risk of skin cancer. Sun exposure during the first 15 years of life contributes significantly to the lifetime risk of developing skin cancer. Australia has the highest rate of skin cancer in the world, with two out of every three Queenslanders developing some sort of skin cancer in their lifetime.

Skin cancers account for 80% of all new cancers diagnosed in Australia each year and melanoma is the most diagnosed cancer for 15 – 44 year olds. Research suggests that at least two-thirds of all melanomas occurring in Australia could be prevented if children were protected from the sun during their first fifteen years.

With Ultraviolet radiation (UVR) levels being highest during the hours that young people are at school, Loganlea State High School realises the need to protect young people's skin and educate them about SunSmart behaviour, thus reducing the risk of skin damage from exposure to the sun.

### **OBJECTIVES**

The purpose of this SunSmart policy is to ensure that all young people attending our school are protected from the harmful effects of the sun throughout the year, particularly between 10am and 3pm when UV levels reach their peak. This will be achieved by:

- Increasing student and community awareness about skin cancer and sun protection
- Encouraging the entire school community to use a combination of sun protection measures all year round
- Working towards a safe school environment that provides shade for students, staff and the school community
- Assisting students to be responsible for their own sun protection
- Ensuring that families and new staff are informed of the school's SunSmart policy
- Creating an awareness of the need to reschedule work commitments and outdoor activities to support SunSmart practices.

### **OUR COMMITMENT**

*Loganlea State High 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 particularly in areas where students congregate e.g. Lunch area, canteen, outdoor lesson areas and popular play areas.
- Ensure that shade provision is considered in plans for future buildings and grounds.
- Incorporate education programs that focus on skin cancer prevention into the school curriculum.
- Regularly reinforce and promote SunSmart behaviour to the whole school community through newsletters, school homepage, parent meetings, staff meetings, school assemblies, and student and teacher activities.

- Encourage teachers and staff to act as positive role models for children in all aspects of SunSmart behaviour.
- Encourage all students and staff to wear hats that protect the face, neck and ears, and encourage the use of SPF 50+ broad-spectrum, water-resistant sunscreen when students are involved in outdoor activities.
- Encourage students without adequate sun protection to use shaded or covered areas at recess and lunch times.
- Ensure that, wherever practicable, outdoor activities take place before 10:00am or after 3:00pm.
- Ensure that adequate shade is provided at sporting carnivals and other outdoor events.
- Ensure that SPF 50+ broad-spectrum, water-resistant sunscreen is included in the school sports kit
- Ensure that students can access SPF 50+ broad-spectrum, water resistant sunscreen every day at application points within the school.
- Review the SunSmart policy annually.

## **OUR EXPECTATIONS**

*Parents / Carers will:*

- Provide a hat for use in all outdoor activities.
- Ensure that their child's clothing provides adequate protection from UVR.
- Provide SPF 50+ broad-spectrum, water-resistant sunscreen for their child's use.
- Act as positive role models by practising SunSmart behaviour.
- Support the school's SunSmart policy and help to regularly update this policy.

*Students will:*

- Be aware of the school's SunSmart policy, participate in SunSmart education programs and contribute to regular updates of the policy.
- Take responsibility for their own health and safety by being Sunsmart by undertaking the wearing of suitable hats, clothing and sunscreen.
- Apply SPF 50+ broad-spectrum, water-resistant sunscreen twenty minutes before going outdoors.
- Use shaded or covered areas when outdoors.
- Act as positive role models for other students in all aspects of SunSmart behaviour.

## **REVIEW**

The Principal and Parents and Citizen's Association, in consultation with the school community, will review the effectiveness of this policy every two years.

They will:

- Review the SunSmart behaviour of students, staff, and parents and make recommendations for improvement.
- Assess shade provision and usage and make recommendations for increases in shade provision.
- Review and update curriculum material relevant to SunSmart Activities.