RATIONALE

Queensland has the highest rate of skin cancer in the world. Of all new cancers diagnosed in Australia each year, 80% of these are skin cancers. Research indicates that childhood sun exposure is a major contributing factor to the development of skin cancer later in life. Given that students attend school during peak ultraviolet radiation (UVR) times, schools have the capacity to play a significant role in both minimising student’s UVR exposure as well as providing an environment where policies and procedures can positively influence student behaviour and wellbeing.

Skin damage, including skin cancer, is a result of cumulative exposure to the sun. Research has shown that severe sunburn contributes to skin cancer and other forms of skin damage such as sunspots, blemishes and premature aging. Consequently most skin damage and skin cancer is preventable.

Ultraviolet radiation levels are highest during the hours that students attend school. As students spend a portion of their day outdoors, we are committed to protecting them from the harmful effects of the sun. With this in mind, Blackwater State High School realises the need to protect students skin and educate them about Sun Smart behaviour, thus reducing the risk of skin damage from exposure to the sun.

AIMS:

The policy aims to:

- Provide ongoing education that promotes awareness and personal responsibility for skin cancer prevention and early detection
- Provide environments that support Sun Smart practices
- Create an awareness of the need to reschedule outdoor activities to support Sun Smart practices
- Ensure that all students attending our establishment are protected from the harmful effects of the sun throughout the year

OUR COMMITMENT:

Blackwater SHS will:

- Inform parents of the Sun Smart policy
- Include the Sun Smart 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 into the school curriculum that focus on skin cancer prevention
- Encourage teachers and staff to act as positive role models for children in all aspects of Sun Smart behaviour
Seek ongoing support from parents and the school community for the Sun Smart policy and its implementation, through newsletters, parent meetings, P&C and other avenues

Ensure that 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

Ensure all students without adequate sun protection use shaded or covered areas during recess and lunch time

Review the school dress code to conform with the Queensland Cancer Fund Sun Smart clothing guidelines

Ensure that, wherever practical, outdoor activities take place before 10am and after 3pm

Ensure that SPF 30+ broad-spectrum, water-resistant sunscreen is included in the school sports kit

Include SPF 30+ broad-spectrum, water-resistant sunscreen on student booklists

Review the Sun Smart policy on an annual basis

**OUR EXPECTATIONS:**

- Parents provide a Sun Smart hat for their child and ensure that they wear it to and from school (The Queensland cancer fund recommends a bucket-style hat with a 6cm Brim - As per the Dress Code)
- Ensure that their child applies SPF30+ broad-spectrum, water-resistant sunscreen 20 minutes before arriving at school
- Ensure that their child’s clothing provides adequate protection from UV radiation. The Queensland cancer fund recommends clothing with the following features:
  - Dark-coloured
  - Collars and sleeves
  - Closely woven fabric
  - Natural fibre – In line with the current School Uniform and Dress Code
- Act as positive role models by practising Sun Smart Behaviour
- Support the school’s Sun Smart policy and assist in the design and regular update of 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 and sunglasses
- Apply SPF 30+ broad-spectrum, water-resistant sunscreen 20 minutes before going outdoors
- Use shaded or covered areas while outdoors
- Act as positive role models for other students in all aspects of Sun Smart behaviour
- Assist in the design and regular update the Sun Smart policy
- Participate in Sun Smart policy
- Participate in Sun Smart education programs
- Conform to the school’s Dress Code as part of the Sun Smart policy.

Considered and accepted by the Principals __________________________

Considered and accepted by Parents & Citizens Committee ______________

Considered and accepted by Student Council _________________________