

Burpengary State School - Sun Safety Policy

Year-round sun protection is important for all Queensland children as the sun can be damaging even in winter. Sustaining five or more severe sunburns during childhood can more than double a person's risk of developing melanoma later in life.

Reducing sun exposure in childhood is the most effective way of reducing the risk of developing skin cancer. Our school community commits to sun safe practices, including the provision of shade, aiming to create proactive, life-long sun safe practices. Sun safety is the responsibilities of teachers, parents and families, and students (Queensland Health, 2020).

Burpengary State School's Sun Safe Policy was developed in consultation with the school community, including school staff, students, parents, the school council and the parents and citizens' association.

Implementation

Our school will:

- Inform parents of the sun-safe policy when a student enrolls and publish it in the parent handbook (and published on the school's website)
- Inform new staff of the sun-safe policy during their induction
- Provide effective, integrated educational programs on sun safety and preventive measures through the curriculum, particularly during Physical Education, Health and Science lessons
- Maximise the use of available shade for outdoor activities
- Provide flexible planning of activities to reduce, as far as practicable, time spent by students in the sun
- Consider sun protection when determining or reviewing school uniform designs and uniform policy
- Require wearing of protective clothing, including appropriate hats, when in the sun during the school day, except where the wearing of hats may pose a risk to students' safety due to reduced visibility or interfering with activity skills (e.g. playing soccer)
- Proactively encourage students in the use of their 30+ broad spectrum sun screen
- Provide an SPF 30+ broad spectrum water based sunscreen for students to use on uncovered areas of the skin, such as the face and the back of the hands, for outdoor activities. Parents are to advise the school if their child has an allergy to specific sunscreen brand, and will use their own or none if this is the case.
- Require students to wear swim shirts during all water-based activities, with the exception of competitions and carnivals, unless indoors
- Consider sun safety when completing CARAs for outdoor activities including excursions and camps
- Consider sun protection in relation to parents and citizens' association projects and activities
- Promote the importance of parents, teachers, ancillary staff and voluntary helpers as role models for students in relation to sun protection strategies

Expectations of Students

Students will:

- Wear the school hat when outdoors
- Play in shaded areas when they don't have their hat at school (*No Hat No Play*)

- Wear their uniform while at school and swim shirts for outdoor water activities
- Apply 30+ sunscreen before school, at breaks and before outdoor activities such as PE.
- Participate in sun-safe lessons within the curriculum
- Participate in Sun Safe lessons and be a role model for other students

Expectations of Staff

Staff will:

- Teach students about sun safe practices
- Consider sun-safe practices when completing risk assessments for outdoor activities
- Remind students of sun-safe practices
- Act as good role models of sun-safe behaviours including wearing wide brimmed hats when completing outdoor activities
- Encourage students to apply SPF 30+ broad spectrum water based sunscreen

Expectations of Parents/Carers

Parents will:

- Provide a Sun Safe hat for their students to wear, including to and from school
- Encourage students to apply SPF+ 30 broad spectrum sunscreen before arriving at school
- Provide SPF+ 30 broad spectrum sunscreen of choice
- Provide swim shirts for all outdoor water activities
- Act as good role models of sun-safe behaviours
- Support the school's Sun Safe policy

Reference Materials

Education Queensland, Sun Safety Strategies <https://education.qld.gov.au/students/student-health-safety-wellbeing/student-health/sun-safety-strategies>

Queensland Government, Education, Sun Safety Strategies,
<https://education.qld.gov.au/students/student-health-safety-wellbeing/student-health/sun-safety-strategies>

Queensland Government, Managing Risks in School Curriculum Activities,
<http://ppr.det.qld.gov.au/education/management/Pages/Managing-Risks-in-School-Curriculum-Activities.aspx>

Queensland Government, Student Dress Code,
<http://ppr.det.qld.gov.au/education/management/Pages/Student-Dress-Code.aspx>

Queensland Health, Sun protection strategy for schools, 3 February 2020
<https://www.health.qld.gov.au/public-health/schools/sun/protection>

Sun Smart, <https://www.sunsmart.com.au/>