



## **HOLLAND PARK STATE SCHOOL**

# **SunSmart Policy**

***SunSmart behaviour should be a habit that starts in childhood and continues throughout life, just like fastening your seat belt upon entering a car.***

**September, 2013**

## **HOLLAND PARK STATE SCHOOL IS PROUDLY A SUN SMART SCHOOL**

The importance of sun protection has been widely documented in recent years. Queensland's climatic conditions make it imperative that students, staff and school community members are made more fully aware of the importance of safe sun protection practices. Skin cancer now accounts for over 80% of all cancers diagnosed in Australia.

### **RATIONALE**

Queensland has the highest rate of skin cancer in the world. Of all the new cancers diagnosed in Australia each year, 80% 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 minimizing student and staff UVR exposure and providing an environment where policies and procedures can positively influence student and staff behaviour.

In Queensland we experience high UVR all year round. UV rays cannot be seen, or felt, and the high intensity of such radiation is not related to our temperatures, you can get sunburnt in as little as 10 minutes. It doesn't need to be hot to be a high UV day. People often get sunburnt on a cooler day because they tend to stay out in the direct sun for longer periods, rather than seeking shade or covering up as on a hot day. UV rays can also travel through cloud so you can still get burnt on a cloudy day.

Shade can reduce up to 75% of UVR, but of course UVR can reflect off surfaces such as grass, water, snow and concrete, so the need to be SunSmart takes on an even more important role.

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 to the best of our ability from the harmful effects of the sun.

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 by using a combination of sun protection measures. The more times you get burnt – and the more severe the burns – the higher your risk of getting skin cancer. Skin cancers generally aren't painful or really ugly. Look out for any spots that change in size, shape or colour or for any sores that won't heal and make sure you see your GP as soon as you can.

Skin types that are more sensitive to ultraviolet (UV) radiation burn more quickly and are at a greater risk of skin cancer.

How would you describe your skin?

<b>Skin type</b>	<b>Natural skin appearance</b>	<b>Sensitivity to the sun</b>	<b>Tendency to burn</b>	<b>Skin cancer risk</b>
1	Very fair, pale white skin	Highly sensitive to UV	Always burns, never tans	Greatest risk of skin cancer
2	Fair, white skin	Very sensitive to UV	Always burns easily, tans minimally	High risk of skin cancer
3	Light brown skin	Sensitive to UV	Burns moderately, tans uniformly	High risk of skin cancer
4	Moderate brown skin	Less sensitive	Burns minimally, always tans well	Exposure over a lifetime can still risk skin cancer
5	Dark brown skin	Minimal sensitivity	Rarely burns, tans profusely	Exposure over a lifetime can still risk skin cancer
6	Deeply pigmented, dark brown to black skin	Minimal sensitivity	Never burns	Not immune to skin cancer. Skin cancers that do occur are often detected at a later, more dangerous stage

With this in mind, **HOLLAND PARK STATE 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**

Holland Park State School aims to:

- provide ongoing education that promotes personal responsibility for skin cancer prevention and early detection
- promote positive attitudes towards skin protection
- provide environments that support SunSmart practices; and
- create an awareness of the need to reschedule outdoor activities to support SunSmart practices, where possible

## **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 students and staff attending our School are protected from the harmful effects of the sun throughout the year to the best of our ability. It's never too late to start protecting your skin.

Reinforcing the SunSmart message in all school activities and in general school procedures is an important strategy in the adoption of the skin protection behaviours.

### **OUR COMMITMENT - HOLLAND PARK STATE SCHOOL will;**

- inform parents of our SunSmart policy when they enrol their child and policy to be incorporated into the School Information Handbook
- increase the amount of shade in the school grounds, where possible by building shelters and planting trees and carrying out programs in accordance with the School and P&C budget constraints
- incorporate education programs that focus on skin cancer prevention into the school curriculum
- encourage all teachers, ancillary staff, parents and volunteer helpers to act as positive role models for children in all aspects of SunSmart behaviour
- seek ongoing support from parents and the school community for the SunSmart policy and its implementation, through newsletters, parent meetings, etc
- encourage all students, staff and parents to wear hats that protect the face, neck and ears, and SPF30+ broad-spectrum, water resistant sunscreen and close-fitting wrap around sunglasses when involved in outdoor activities. Sunglasses should comply with the Australian Standards
- ensure students without adequate sun protection to use shaded or covered areas at lunch and afternoon tea recesses. NO HAT NO PLAY OUTDOORS rule applies
- ensure students, staff and parents/carers have ready access to water during hot weather and encourage them to use it and ensure students eat lunches seated in the classrooms
- ensure the School Resource Centre/Library opens during lunch recess
- ensure, wherever practicable, outdoor activities, take place under shaded areas and that adequate shade/marquees are provided at sporting carnivals; cross country, school camps and sports days
- ensure teachers and volunteers with groups on school excursions find shady places for lunch breaks
- ensure that SPF30+ broad-spectrum, water resistant sunscreen is included in the school sports kits and students have access to sunscreen in all classrooms
- have sunscreen on the school booklists and make it available in all areas where it is needed
- review the SunSmart policy annually

## **OUR EXPECTATIONS**

Parents and caregivers will:

- provide a SunSmart hat for their child and ensure that they wear it to and from school, and during all recesses and outdoor activities. The Queensland Cancer Fund recommends the following hats –

8 – 10cm broad-brimmed or legionnaire style  
Or, bucket (minimum of 6cm brim) hats

**NO VISORS or CAPS**

- ensure that their child applies SPF30+ broad-spectrum, water resistant sunscreen 20 minutes before leaving for school
- ensure that their children's clothing provides adequate protection from UV Rays. The Queensland Cancer Fund recommends clothing that has the following features –

dark coloured  
collars and sleeves to protect your neck and arms  
closely woven fabrics – natural fibre

- act as positive role models by practicing SunSmart behaviour
- support the school's SunSmart policy and help to design and regularly update the policy
- be aware of the "No Hat No Play Outdoors" rule, it applies at both lunch and afternoon tea recess
- ensure a sun protective shirt or rash vest is worn for all outdoor swimming, a "No Shirt No Swim" rule applies
- will encourage the use of wrap-around sunglasses that comply with the Australian Standards

## **OUR EXPECTATIONS**

### Students will:

- be aware of the school's SunSmart policy
- take responsibility for their own health and safety by being SunSmart
- be encouraged to bring water bottles into the classrooms
- comply with SunSmart rules and guidelines by wearing suitable hats, clothing, sunscreen and sunglasses
- wear a sun protective shirt or rash vest for all swimming activities, "No Shirt – No Swim" rule applies
- on free dress days, and school camps dress appropriately and in accordance with the SunSmart Policy
- be aware of and comply with the No Hat No Play Outdoors rule that applies at both lunch and afternoon tea recesses
- be encouraged to apply SPF30+ broad-spectrum, water resistant sunscreen before going outdoors
- use shaded or covered areas when outdoors where possible
- act as a positive role model for other students in all aspects of SunSmart behaviour
- help to design and regularly update the SunSmart policy and participate in SunSmart education programs

### **CONSIDERED AND ACCEPTED BY STAFF:**

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Principal -        /        /2013

### **CONSIDERED AND ACCEPTED BY THE P & C ASSOCIATION:**

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P&C President -        /        /2013

### **CONSIDERED AND ACCEPTED BY THE STUDENT COUNCIL:**

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Student President -        /        /2013