Gympie South State School
SunSmart Policy

Shade Structures

Hats, sunscreen worn for all outdoor activities.

SunSmart shirts for swimming
School - Overview:

Gympie South State School has always been committed to keeping our students and staff safe from the effects of sun damage. As a school we have the responsibility to instil lifelong sun safe procedures in our students and staff.

Quote from Cancer Council SunSmart Guidelines:

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

Introduction:

Extract from the Cancer Council SunSmart Policy Guidelines

SunSmart Policy Statement

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. Given that children in childcare are there during peak ultraviolet radiation (UVR) times throughout the day, early childhood settings play a major role in both minimising children’s UVR exposure and providing an environment where policies and procedures can positively influence long-term behaviour.

Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Research shows that 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 that children are at childcare settings. As children will spend a portion of their day outdoors, we are committed to protecting them from harmful effects of the sun.

Duty of care:

All child care services have a legal responsibility known as ‘Duty of Care’, to the children in their care as well as staff and visitors to their site. This duty of care extends to ensure that services develop and implement appropriate sun protection policies and practices to adequately protect children, staff and visitors from damage caused by the sun.

QLD Education Department Policy and Procedures:

Developing a Sun Safety Strategy


Implementation Date: 9/07/2012  Scope: All state schools

Purpose:

This procedure supports Queensland state schools to develop and implement sun safety strategies to protect students from the dangers of over-exposure to the sun.

The Department’s Developing a Sun Safety Strategy policy for state schools includes the following requirements:

- Swim shirts must be worn by Prep - Year 7 students during all water-based activities including swimming lessons. The only exception will be that swim shirts do not need to be worn during races at school swimming carnivals. In these cases, spectators will be required to adopt a range of sun protection measures.
- If parents are unable to provide a swim shirt, schools can allow students to wear a t-shirt.
- All state schools are required to provide a broad-spectrum, water-resistant sunscreen of SPF 30 or better for students to apply on uncovered areas of the skin during outdoor activities.

These requirements are reflected in PPR policies Developing a Sun Safety Strategy and Student Dress Code.

Responsibilities:

Principals:

Consult with the school community on the development of a sun safety strategy which:

- provides effective educational programs on sun safety and preventive measures
- maximises the use of available shade for outdoor activities
- provides flexible planning of activities to reduce, as far as practicable, time spent by students in the sun between 10.00 am and 2.00 pm
- considers sun protection when determining or reviewing school uniform designs
- requires wearing of protective clothing including appropriate hats when in the sun during the school day
- requires primary school students to wear swim shirts during all water-based activities, with the exception of competitions and carnivals
- requires all state schools to 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 all outdoor activities
- considers sun protection in relation to parents and citizens’ association projects and activities
- promotes the importance of parents, teachers, ancillary staff and voluntary helpers as role models for students in relation to sun protection strategies.
Staff:
- Practise SunSmart behaviour, as described above
- Enforce a ‘no hat, no play’ rule
- Supervise children’s application of sunscreen (SPF 30+ 20 mins prior to outdoor activity)
- Direct children to play in shaded areas where practicable.

Parents/carers:
- Provide a well-fitting hat for use in all outdoor activities.
- Cancer Council Queensland recommends the following hats:
  - 7.5cm broad-brimmed
  - legionnaire-style

**Gympie South SS Sun Safe Policy aims to:**
- Provide ongoing education in promoting personal responsibility for being SunSmart
- Provide and encourage SunSmart practices
- Promote a sun safe lifestyle to minimize the dangers of overexposure
- Identify sun protection measures
- Promote SunSmart strategies through our Staff Memo, and Newsletter to parents

**Action Plan:**
- Staff to relentlessly and vigilantly implement this school policy to students through discussion in class
- Educating students
- Melanoma presentation to staff annually
- Staff/families and visitors model good sun safe practices
- Compulsory wearing of a broad brim hat for both staff and students
- Students – ‘No hat’ ‘No play’ – rules are explained and consequences follow if non compliant
- Ensure that children not wearing hats play in the shaded areas
- No hat in PE lessons – consequence chillout – no hat to be used as an excuse by students to not participate in lessons
- Posters placed at strategic locations in the school
- Sunscreen provided and encouraged to be worn prior to outdoor activities
- Sunscreen – application of SPF 30+ broad spectrum, water resistant sunscreen is recommended 20 minutes prior to outdoor activity
- Uniforms continue to be SunSmart compliant
- Risk Assessments to include details of applying SunSmart strategies
- Sun protections measures are used when planning all outdoor activities, when ever the UV index is three or above eg:
  - (camps, excursions, sporting events, physical activity lessons, swimming carnivals)
- Students encouraged to use available areas of shade for activities including break times
- Students eat in full shade
- Inform parents of SunSmart Policy when they enrol their children
- Encourage all staff to act as positive role models for children in all aspects of SunSmart behaviour by:
  - wearing broad-brimmed or legionnaire styled hats and appropriate clothing for all outdoor activities
  - using SPF 30+ broad-spectrum, water resistant sunscreen
  - seeking shade whenever possible
  - wearing sunglasses that meet the Australian Standard (AS/NZS1067:2003)
- Provide a SunSmart education program for children and provide parents with up-to-date SunSmart information through newsletters and parent meetings
- Review the SunSmart Policy annually.
For more information:
Cancer Council Queensland has a number of resources available for organisations free of charge.
If you would like further information on skin cancer or SunSmart issues, please contact the Cancer Council Helpline on 13 11 20 or visit our website www.cancerqld.org.au

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SunSmart UV Alert