



# TOOGOOLOWAH STATE HIGH SCHOOL

## Sun Smart Policy 2020

### Rationale

Australia has one of the highest rates of skin cancer in the world, with two in three Australians developing some form of skin cancer before age 70. The sun's ultraviolet (UV) radiation is the major cause of skin cancer. UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer later in life. Given school hours fall within peak UV periods of the day, this policy guides the school in the adoption of healthy UV practices.

### Objectives

The purpose of this Sun Smart 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 Sun Smart policy
- Creating an awareness of the need to reschedule work commitments and outdoor activities to support Sun Smart practices.

### Sun Protection Strategies

All students and staff use a combination of sun protection measures throughout the day to ensure they are well protected. Flexible planning of activities will be provided to reduce, as far as practicable, time spent by students in the sun between 10.00am and 2.00 pm, when UV levels are at their peak. The Sun Smart policy is considered when planning all outdoor events e.g. assemblies, camps, excursions and sporting events. Where possible, we aim to have outdoor activities or events earlier in the morning or later in the afternoon, and use indoor venues.

#### 1. Shade

The school committee makes sure there is a sufficient number of shelters and trees providing shade in the school grounds particularly in areas where students congregate e.g. lunch area, canteen, outdoor lesson areas and popular play areas. In consultation with the P&C and Student



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Council, shade provision is considered in plans for future buildings and grounds. The availability of shade is considered when planning excursions and outdoor activities. Students are actively encouraged to use available areas of shade when outside. Students who do not have appropriate hats or outdoor clothing are asked to stay in an area protected from the sun.

## **2. Clothing**

All styles of school uniform will include collars that protect the neck, and sleeves. Shorts, dresses and skirt lengths will extend as close to the knee as possible. School clothing is made of close weave fabric. Rash vests or t-shirts will also be worn when swimming outdoors.

## **3. Hats**

Students are required to wear hats that protect their face, neck and ears, i.e. bucket or broad-brimmed whenever they are outside. Students who do not have an appropriate sun protective hat will be asked to stay in shaded areas only.

## **4. Sunscreen**

SPF 30+ broad spectrum, water resistant sunscreen is available for staff and student's use. Time sunscreen to be applied a before going outdoors and reapplied every two hours as required. Time will be allocated for sunscreen application prior to outdoor activities. This sunscreen is available from the K Block staffroom and the sports shed on the oval.

## **5. Curriculum**

Sun protection and skin cancer awareness programs are incorporated into appropriate areas of the school curriculum. Students are encouraged to be involved in initiatives to promote and model sun protection measures to the whole school community. Sun Smart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school homepage, parent meetings, staff meetings, school assemblies, and student / teacher activities and on student enrolment.

## **Our Commitment**

*Toogoolawah SHS will:*

- Inform parents of the Sun Smart policy when they enrol their child.
- 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 particularly in areas where students congregate e.g. Lunch area, canteen, outdoor lesson areas and popular play areas.



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- 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 Sun Smart 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 Sun Smart behaviour.
- Encourage all students and staff to wear hats that protect the face, neck and ears, and encourage the use of SPF 30+ 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 30+ broad-spectrum, water-resistant sunscreen is included in the school sports kit

### **Our Expectations**

#### *Staff will:*

- teach students about sun safe practices
- model appropriate sun safe practices
- wear appropriate hat and clothing
- reinforce and encourage appropriate sun safe practices amongst other school community members, especially students
- plan for outdoor activities with sun safety in mind (where ever practical)
- support the implementation of sun safety strategies.

#### *Parents / Carers will:*

- Provide a hat for use in all outdoor activities.
- Encourage their child to apply SPF 30+ broad-spectrum, water-resistant sunscreen 20 minutes before leaving for school.
- Provide SPF 30+ broad-spectrum, water-resistant sunscreen for their child's use.
- Act as positive role models by practising Sun Smart behaviour.



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- Support the school's Sun Smart policy and help to regularly update this policy.
- Wear suitable hats and other sun protective clothing when volunteering at school for outdoor activities; and
- Provide a protective sun shirt or T-shirts for wear during all school water based activities.

### *Students will:*

- Be aware of the school's Sun Smart policy, participate in Sun Smart education programs and contribute to regular updates of the policy.
- Take responsibility for their own health and safety by being Sun Smart by undertaking the wearing of suitable hats, clothing and sunscreen.
- Apply SPF 30+ 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 Sun Smart 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 Sun Smart 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 Sun Smart Activities

The next review is scheduled for 2022