



Proserpine State High School SunSmart Policy

Rationale

Queensland has the highest rate of skin cancer in the world. Of all new cancers diagnosed in Australia each year, 80% are skin cancers. Research indicated that childhood sun exposure is an important contributing factor to the development of skin cancer later in life. Given that students are at school during peak ultraviolet radiation (UVR) times throughout the day, schools play a major role both in minimizing student's UVR exposure and providing an environment where policies and procedures can positively influence student behaviour.

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 aging. Most skin damage and skin cancer is therefore preventable.

Ultraviolet radiation (UVR) levels are highest during the hours that children are at school. As children will spend a portion of their day outdoors, we are committed to protecting them from the harmful effects of the sun.

With this in mind, Proserpine State High School realizes 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.

Objectives

- Provide ongoing education that promotes personal responsibility for skin cancer prevention and early detection.
- Provide environments that support SunSmart practices:
 - Health & Physical Education lessons to suit climate
 - Arranging sporting activities during summer periods to include indoor activities
 - Portable shade structures for sporting activities

Implementation

Proserpine State High School will:

- Inform parents/carers of the SunSmart policy when they enrol their child in our school.
- Include the SunSmart policy statement in the school prospectus and website.
- Increase the amount of shade in the school grounds, where possible, by building shelters and planting trees.
- Encourage all staff to act as positive role models for students 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 students without adequate sun protection to use shaded or covered areas at recess and lunch times.
- Ensure that adequate shade is provided at sporting carnivals and other outdoor events.
- Ensure that 30+ broad spectrum sunscreen is included in the PSHS sports and first aid kits.

- Have SPF 30+ broad spectrum, water resistant sunscreen listed with other items that students are required to provide for the school year.

Curriculum

- Incorporate education programs that focus on skin cancer prevention into the school curriculum.

Uniform/Clothing

- Ensuring the school dress code continues to conform to the Queensland Cancer Fund SunSmart Clothing Guidelines.
- Provide a Proserpine State High School broad brimmed hat for students.
- Ensure that all students and staff wear hats that protect the face, neck and ears; and apply 30+ broad spectrum, water resistant sunscreen prior to involvement in outdoor activities.
- Parents are encouraged to act as a positive role model by practicing SunSmart behaviour and supporting the Proserpine State High School's SunSmart policy.
- The school will support those staff and students who choose to wear sunglasses. A close fitting wrap around style that meets AS1067 is recommended.
- Students will be required to wear appropriate sun smart clothing on alternative activity days e.g. care carnival, free dress and excursions.

Sunscreen

- Students and staff are encouraged to apply 30+ broad spectrum, water resistant sunscreen before going outdoors.
- Sunscreen is easily available in the school for staff and student use.
- Sun safe tents are provided at all sporting carnivals offering sunscreen to students and staff. The Care Group Sun Smart Shield is awarded to the Care Group who accumulates the most points through reapplying sunscreen and practising sun safe procedures throughout the year.

Sport and Physical Education

- Students are actively encouraged to wear broad-brimmed, legionnaire or bucket hats for sport and physical education.
- The school sport uniform/dress code includes shirts with collars; singlets are not to be worn for outdoor sporting events.
- For outdoor swimming carnivals and events, students should be encouraged to wear a t-shirt or rash vest.
- Where possible, outdoor activities/events will be scheduled to minimise time in direct sun e.g. earlier in the morning or later in the afternoon. The use of indoor and shaded facilities will be considered at other times where possible.
- Physical Ed teachers will be encouraged to wear a broad brimmed, legionnaire or bucket style hat, and sensible clothing that covers skin, ie at least elbow length sleeves and knee length shorts, or preferably long pants.

Camps and Excursions

- Sun protection is considered in the planning of all camps and excursions.
- Processes for the planning of outdoor activities and excursions include the provision of shade areas e.g. permanent and portable structures, access to trees and compulsory hats, etc.

Shade

- Proserpine State High School ensures shade provision is considered in plans for future buildings and grounds.
- Proserpine State High School ensures shade is available in the school grounds particularly in areas where students congregate – for example, lunch areas, canteen and outdoor lesson areas. If this is not possible, the school is working towards increasing and/or maintaining shade (built, portable or natural) in the school grounds.

- Where shade is otherwise not available, temporary shade structures are used for events such as sports carnivals.
- Students and staff are actively encouraged to use shade when outside, particularly if they are not wearing appropriate hat or clothing.

Occupational Safety and Health:

- As part of OHS UV risk controls and role modelling, all workers are required to use a combination of sun protection measures (sun protective clothing, broad brimmed hats, sunglasses, sunscreen and shade) when outside.

General awareness and reminders

- The school actively promotes a positive culture around sun protection. i.e. via school newsletters, notice boards, assembly announcements and school website etc.
- A SunSmart Web Widget has been uploaded to the school website.