

# GOODWOOD STATE SCHOOL

## SUNSMART POLICY



### Rationale

Queensland has the highest rate of skin cancer in the world. Research indicates that childhood sun exposure is an important contributing factor to the development of skin cancer in later life. Given that students are at school during peak ultraviolet radiation (UVR) times throughout the day, schools play a major role in both minimising 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 ageing. 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 harmful effects of the sun. Goodwood State School understands 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

Goodwood State School's SunSmart Policy aims to:

- ✓ Ensure that all children enrolled at Goodwood State School are protected from the harmful effects of the sun throughout the year
- ✓ Provide ongoing education that promotes personal responsibility for skin cancer prevention and early detection
- ✓ Provide environments that support SunSmart practices
- ✓ Create an awareness of the need to reschedule outdoor activities to support SunSmart practices

### Our Commitment

**Goodwood State School will:**

- Inform parents of the SunSmart Policy when they enrol their child and include the SunSmart Policy with the school's enrolment package
- Increase the amount of shade in the school grounds, where possible, by building shade shelters and planting trees
- Incorporate education programs that focus on skin cancer prevention
- Encourage all teachers and staff 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
- Ensure that all students and staff wear hats that protect the face, neck and ears, and SPF 30+ broad spectrum, water-resistant sunscreen, when involved in outdoor activities and that all students wear a shirt (rash shirt or t-shirt) when participating in the school's swimming program
- Encourage students without adequate sun protection to use shaded or covered areas at lunch times
- Review the school dress code to conform with the Queensland Cancer Fund SunSmart clothing guidelines
- Wherever practicable, schedule outdoor activities before 10am and after 2pm
- Ensure that adequate shade is provided at sporting carnivals and other outdoor events
- Review the SunSmart policy annually

## Our Expectations

### Parents/carers will:

- Provide a SunSmart hat (9-10cm broad brim) for their child and ensure that they wear it at all times during school hours
- Act as positive role models by practising SunSmart behaviour
- Support the school's SunSmart Policy and help by reviewing the policy annually

### Students will:

- Be aware of the school's SunSmart Policy
- Take responsibility for their own health and safety by being SunSmart
- Comply with SunSmart rules and guidelines by wearing suitable hats, clothing (including swimwear) and sunscreen
- Apply SPF 30+ broad-spectrum, water-resistant sunscreen before going outdoors
- Use shaded or covered areas when outdoors
- Act as positive role models for other students in all aspects of SunSmart behaviour
- Participate in SunSmart education programs

Considered & accepted by Goodwood State School

Principal ..... Date .....

Considered & accepted by Goodwood State School Parents & Citizens Association

P&C President ..... Date .....