



SunSmart Policy Statement

Rationale

Queensland has the highest rate of skin cancer in the world. Of all the cancers diagnosed in Australia each year, 80% are skin cancers. 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 therefore preventable.

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

With this in mind, Ashmore State High School realises the need to protect children's skin and educate them about SunSmart behaviour, thus reducing the risk of skin damage from the exposure to the sun.

Aims

Provide environments that support SunSmart practices.

- Provide ongoing education that promotes personal responsibility for skin cancer prevention and early education.
- Create an awareness of the need to reschedule or modify outdoor activities to support SunSmart practices.
- 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 to ensure that all children attending our school are protected from the harmful effects of the sun throughout the year.

Our Commitment

Ashmore State School will:

- Inform parents of the SunSmart policy when they enrol their child
- Include the SunSmart policy statement in the school prospectus
- Increase the amount of shade in the school grounds, where possible by building shelters and planting trees
- Incorporate education programs that focus on skin cancer prevention into the school curriculum
- 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, through newsletters, parent meetings etc.
- Ensure that all students wear hats and staff wear hats or carry umbrellas that protect the face, neck and ears
- Promote the application of SPF 30+ broad spectrum, water-resistant sunscreen when involved in outdoor activities
- Ensure students without adequate protection use shaded or covered areas at recess and lunch times
- Review the school dress code to conform with Queensland Cancer Fund SunSmart clothing guidelines
- Promote the wearing of swim tops (rash shirts/rashies) to swimming lessons
- Ensure that, wherever practicable, physical education lessons take place undercover during summer
- Ensure that adequate shade is provided at sporting carnivals and other outdoor events
- Ensure that SPF 30+ broad spectrum, water-resistant sunscreen is provided in each school sports kit for inter-school sport
- Review the SunSmart policy annually

Our Expectations

Parents/carers will:

- Provide an Ashmore SS hat for their child and promote the wearing of it to and from school (Prep-Year 6)
- Ensure that their child applies SPF 30+ broad-spectrum, water-resistant sunscreen before leaving for school
- Act as positive role models by practising SunSmart behaviour

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, sunscreen and sunglasses
- Apply SPF 30+ broad-spectrum, water-resistant sunscreen before going to school and before sport
- Consider applying sunscreen before outdoor play at lunch-time
- Use shaded or covered areas when outdoors if hat is forgotten or it is an extremely hot day
- Act as positive role models for other students in all aspects of SunSmart behaviour
- Help design and regularly update the SunSmart policy
- Participate in SunSmart education programs