



**Annandale State School**

# SunSmart Policy



Reviewed Jan 2016

## **Rationale:**

North Queensland, our home has the highest rate of cancer in the world. Two out of every three Queenslanders will develop some sort of skin cancer in their lifetime. Research suggests that at least two-thirds of all melanomas (the most serious form of sun cancer) occurring in Australia could be prevented if children were protected from the sun during their first 15 years. By becoming a SunSmart School, Annandale State Primary School aims to improve protection for our students and community through this SunSmart Policy.

Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Research shows that continual mild exposure or 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 through developing awareness of being SunSmart in children and adults.

Ultraviolet radiation (UVR) levels are highest during the hours that children are at school. Our school also recognises that winter sun also contributes to skin damage. Encouragement of the Sun safe practices fostered in this policy will be on ongoing.

The purpose of this SunSmart Policy is to ensure that all children attending our school, Annandale State Primary School are protected from the harmful effects of the sun throughout the year. We hope that this will also play a part in protecting the future of our children.

## **Our Commitment**

In order for the programme to be successfully implemented, a co-operative approach needs to be adopted by the school, parents and students.

### **Annandale State School staff will:**

- Inform parents of the SunSmart Policy when they enrol their child
- Include SunSmart Policy statement in the School Prospectus, Parent Handbook and on school Web site
- Incorporate education programmes that focus on skin cancer prevention into the school curriculum (Resources provided by Cancer Fund)
- 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 and school assemblies
- Practise SunSmart behaviours by providing own shade through wearing broad brimmed hats that protect the face, neck and ears, or by carrying an umbrella and applying sunscreen when involved in outdoor activities
- Enforce school policy by restricting students without adequate sun protection to covered areas at morning tea, lunch times and during sporting activities.

- Encourage SunSafe shirts for school water activities (include sea shirt/T shirts as part of essential items for camps and water excursions).
- Consider timetabling lengthy, direct sunlight outdoor activities before 10:00 and if possible, after 2pm
- Encourage students to apply SPF 30+ water resistant broad spectrum sunscreen from school or personal supplies prior to going into the sun
- Support the wearing of non designer, Cancer Fund approved, sunglasses once school and P&C have approved a standard style
- Review the SunSmart Policy annually to ensure school and educational activities continue to reflect on SunSmart behaviours
- Actively reward SunSmart behaviour
- Encourage students to utilise water coolers to ensure dehydration does not occur
- Ensure adequate shade is provided at sporting carnivals and other outdoor events

**Parents/Carers of students at Annandale State School will:**

- Provide a SunSmart hat for their child and encourage them to wear it to and from school. The Queensland Cancer Fund recommends a 8-10 cm broad brimmed hat.
- Encourage their child to apply SPF 30+ broad spectrum, water-resistant sunscreen before leaving for school (Ideally QCF recommends 20 minutes prior to sun exposure)
- Ensure that their child wears SunSmart School Uniform – Annandale State School Uniform is SunSmart
- Maintain a small number of spare hats provided by Tropical Public Health Unit for outdoor activities (Physical Education/Excursions) through P & C laundering
- Make a commitment to increase the amount of shade in the school grounds, where possible, by supporting the building of shelters and covered playgrounds and the planting of shade trees
- Act as a positive role model by practising SunSmart behaviour
- Support the school's SunSmart policy and be involved in the annual review of the Policy

**Students at Annandale State School will:**

- Be aware of the school's SunSmart Policy and why it has been implemented
- Learn to take personal responsibility for being SunSmart
- Remember to regularly drink water so that dehydration doesn't occur

- Comply with SunSmart rules by wearing an appropriate hat, clothing, sunscreen (and sunglasses when implemented)
- Reapply sunscreen after swimming or physical activities
- Encourage peers to be SunSmart and act as a positive role model for other students in all aspects of SunSmart behaviour
- Use shaded or covered areas when outdoors, when practical for play
- Actively participate in the SunSmart activities and educational programs
- Regularly update the SunSmart Policy by offering suggestions during annual review, through Student Council

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