



## SunSmart Policy Statement

### **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 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 students' 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 (UV) 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, Mudgeeraba Creek SS realises the need to protect children's skin and to educate them about sun-smart behaviour, thus reducing the risk of skin damage from exposure to the sun.

### **Aims**

This Policy aims to:

- provide ongoing education that promotes personal responsibility for skin cancer prevention and early detection
- provide environments that support Sun Smart practices
- create an awareness of the need to reschedule work commitments and outdoor activities to support sun-smart 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 Sun-Smart Policy is to ensure that all children attending Mudgeeraba Creek SS are protected from the harmful effects of the sun throughout the year.

When students are outdoors, they must wear Mudgeeraba Creek Sun Safe hat. (Available from our Uniform Shop).

Students who are outside in the sun during lunch or recess **must** wear a hat.

At Mudgeeraba Creek, the policy is 'No Hat - No Play'. Students must wear the schools Hat during all outdoor activities.

Students should also be aware of the importance of wearing sunscreen when out in the sun. Students apply their own sunscreen when outdoors for any length of time.

### **Our Commitment**

***Mudgeeraba Creek SS will:***

- ✓ Inform parents of the School's Sun-Smart Policy when they enrol their child;
- ✓ Include the Sun-Smart Policy statement in the School's enrolment pack;
- ✓ Increase and maintain 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's curriculum;
- ✓ Encourage all teachers and staff to act as positive role models of sun-smart behaviour;
- ✓ Seek ongoing support from parents and the School community for the Sun-Smart Policy and its implementation, through - newsletters, P&C meetings and school noticeboard.
- ✓ Ensure that all students and staff wear hats when involved in outdoor activities;

- ✓ Encourage students without adequate sun protection to use shaded or covered areas at recess and lunch times;
- ✓ Ensure that the school's dress code conforms with the Queensland Cancer Fund sun-smart clothing guidelines;
- ✓ Ensure that, wherever practicable, outdoor activities take place before 10.00am and after 3.00pm;
- ✓ Ensure that adequate shade is provided at sporting carnivals and other outdoor events;
- ✓ Review the Sun-Smart Policy annually.

## Our Expectations

### Parents/carers will:

- ✓ Provide Mudgeeraba Creek SS sun-smart hat for their child and ensure that they wear it to and from school.
- ✓ Ensure that their child applies SPF 30+ broad-spectrum, water resistant sunscreen.
- ✓ Provide children with SPF30+ broad-spectrum sunscreen to apply daily prior to outdoor activity.
- ✓ Ensure that their child is in full school uniform as our school uniform is UPF 40 +.
- ✓ Act as positive role models by practising Sun Smart behaviour
- ✓ Supports the School's Sun-Smart Policy and help to design and regularly update the policy.

### Students will:

- ✓ Be aware of the School's Sun-Smart Policy,
- ✓ Use shaded or covered areas when outdoors,
- ✓ Take responsibility for their own health and safety by being Sun-Smart,
- ✓ Comply with sun-smart rules and guidelines by wearing suitable hats, clothing,
- ✓ Apply SPF 30+ broad-spectrum, water resistant sunscreen,
- ✓ Act as positive role models for other students in all aspects of sun-smart behaviour,
- ✓ Help to design and regularly update the Sun-Smart Policy,
- ✓ Participate in initiatives to protect the School population from excessive exposure to the sun.

## Guidelines for Academic Staff

### Re Student Complacency:

- ✓ Involve student body in both the development and implementation processes.
- ✓ Incorporate sun-smart education programs into the school curriculum. Contact the Cancer Helpline on 13 1120 for information and/or resources.

### If students resist wearing hats, sunscreen, etc.:

- ✓ Involve students in the promotion of the Sun-Smart Policy.
- ✓ Consider the different types of sunscreen available which comply with the Queensland Cancer Fund recommendations.
- ✓ Encourage staff to act as positive role models in sun-smart behaviour by wearing appropriate hats, sunscreen, clothing and sunglasses whenever outdoors.

### Re disruption of routine:

- ✓ Make the sun-smart practices an integral part of the daily routine. Reschedule activities to allow sufficient time for students to prepare for outdoor activities.

### If hats are not kept on outdoors:

- ✓ Inform students or parents if hats are ill fitting. Ensure that students apply extra sunscreen when hats are not practical.

Endorsed by:

*Jocelyn Milne*  
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*Leanne Collins*  
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Principal

P&C president

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