

SUNSMART POLICY

Centenary State High School recognizes the need to continue to educate students and staff in reducing the risks of skin damage from exposure to the sun. With this in mind, students are encouraged to:

- ✚ Wear the Centenary State High School sun smart bucket hat, an appropriate blue cap or sunhat
- ✚ Wear protective sunscreen when participating in practical outdoor lessons (supplied to students)
- ✚ Avoid unnecessary unprotected exposure to the sun

The school will continue to foster staff and student awareness on sun safety, to better organise school activities to reduce, as far as possible, time spent by students in the sun between 10am and 2pm and to improve shading through tree planting and shade shelters.

SUN SAFETY POLICY

Rationale

Queensland has the highest rate of skin cancer in the world. Two out of every three Queenslanders will develop some sort of skin cancer in their lifetime. Research has firmly established that adolescence and childhood are critical periods during which sun exposure contributes to skin cancers later in life. More than two thirds of all skin cancers and melanomas occurring in Australia could be prevented if children were protected from the sun during their first 15 years.

Skin damage, including skin cancer, is the result of cumulative exposure to the sun. It can take less than 15 minutes for sunburn to occur and research shows that 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 levels are highest during the hours children are at school.

With this in mind Centenary State High School realises the need to help children understand the importance of properly protecting their skin and educating young people about Sun Safe behaviour, thus reducing the risk of skin damage from exposure to the sun.

Aims

The policy aims to:

- ✚ Provide ongoing education that promotes responsibility for skin cancer prevention and early detection
- ✚ Provide environments that support Sun Safety practices

Procedures

Our school recognises that winter sun also contributes to skin damage. The implementation of this policy will therefore be conducted throughout the year.

The purpose of this Sun Safe policy is to ensure that all children attending our school are educated about the harmful effects of the sun throughout the year.

Our Commitment

Centenary State High School will:

- ✚ Inform parents/carers in the enrolment interview of the Sun Safe policy when they enrol their child
- ✚ Include the Sun Safe policy in the student handbook, school website, and student diary
- ✚ Provide SPF 30+ broad spectrum, water resistant sunscreen in staffrooms for student use, especially before all HPE classes
- ✚ Encourage the wearing of hats that protect the face, neck and ears during outdoor activities
- ✚ Include a hat in the school uniform
- ✚ Encourage the wearing of swim shirts during all water-based activities
- ✚ Facilitate a compulsory hat wearing policy for lunch time oval and court activities
- ✚ Continue to develop shaded areas around the school grounds
- ✚ Facilitate education programs that focus on sun safety in the school curriculum
- ✚ Seek ongoing support from parents/carers, P&C and the school community for the Sun Safe policy
- ✚ Ensure that adequate shade is provided at sporting carnivals and other outdoor events
- ✚ Encourage teachers and staff to act as positive role models for children in all aspects of Sun Safety

Our Expectations

Parents/Carers should:

- ✚ Provide a Sun Safe hat for children and ensure that they wear it to and from school
- ✚ Encourage children to apply SPF 30+ broad-spectrum, water resistant sunscreen before leaving for school
- ✚ Act as positive role models for practising Sun Safe behaviour
- ✚ Contribute to the school's Sun Safe policy
- ✚ Support the school's Sun Safe policy

Students should:

- ✚ Be aware of the school's Sun Safe Policy
- ✚ Take responsibility for health and safety by being Sun Safe
- ✚ Comply with Sun Safe rules and guidelines by wearing suitable hats, clothing and sunscreen
- ✚ Apply SPF 30+ broad spectrum, water resistant sunscreen before leaving for school
- ✚ Act as positive role models for other students in all aspects of Sun Safe behaviour
- ✚ Contribute to the school's Sun Safe policy
- ✚ Participate in Sun Safe education programs