



Hilder Road State School

Where 'Success is embedded in a culture of care'

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Hilder Road State School 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 per cent are skin cancers. Given that school activities take place during peak ultraviolet radiation (UVR) times throughout the day, our workplace can play a major role in both minimising UVR exposure and providing an environment where policies and procedures can positively influence long-term SunSmart behaviour.

Skin damage and skin cancer is the result of cumulative exposure to UVR. Research shows 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.

With this in mind, Hilder Road State School realises the need to protect staff and students from the sun and educate them about SunSmart behaviour, thereby reducing the risk of skin damage from over exposure to the sun.

Aims

The policy aims to demonstrate a commitment to:

- 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 work commitments and 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 is to ensure that all children attending our establishment are aware of the harmful effects of the sun throughout the year.

Our Commitment

Hilder Road State School will at various times:

- inform parents of the school's SunSmart policy
- 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 of SunSmart behaviour
- seek ongoing support from parents and the school community for the SunSmart policy and its implementation, through newsletters, parent meetings etc.
- encourage all students and staff to wear hats that protect the face, neck and ears, and SPF 50+ broad spectrum, water-resistant sunscreen, when involved in outdoor activities
- direct students without adequate sun protection to use shaded or covered areas at recess and lunch times
- endeavour to provide shade at sporting carnivals and other outdoor events
- encourage the wearing of sunglasses where appropriate
- prioritise use of SPF 50+ broad-spectrum, water-resistant sunscreen, for example, in the school sports kit
- endeavour to have a Friday School program during morning timeslot
- consider new approaches in sun safety as they evolve

Our Expectations

Students should:

- be aware of the school's SunSmart policy
- use shaded or covered areas when outdoors when applicable and possible
- take responsibility for their own health and safety by being SunSmart
- act as positive role models for other students in all aspects of SunSmart behaviour
- Conduct, with P&C and external partners regular shade assessments to determine future needs.

Procedures and Practices

Daily local sun protection times

- To assist with implementation of this policy, employees are encouraged to check daily local sun protection times by using the SunSmart widget, the SunSmart Global UV app, or visiting myUV.com.au or the Bureau of Meteorology website.

UV 3+ Guidelines

- Sun protection measures listed are to be used for all outdoor activities when the UV index is 3 or above. In Queensland, this is all year around.

Scheduling of outdoor activities

- Whenever practical, outdoor activities are scheduled to minimise time outdoors during periods when the UV is high to extreme (UV 6 or above).

Seek shade

- Encourage children to use available shade and consider this in playground and learning space planning.

Slip, Slop, Slap, Seek, Slide

Slip on sun-protective clothing

- If applicable, make sure uniforms are SunSmart as per Cancer Council Queensland recommendations. This includes shirts with collars and elbow-length sleeves, longer style dresses, shorts and pants. This is part of the school's uniform Policy in conjunction with P&C

Slap on a hat

- Ensure all hats worn by children cover the face, neck and ears such as broad-brimmed, bucket or legionnaire style as outlined in HRSS Uniform Policy

Slop on sunscreen

As of 1 August 2024, Cancer Council recommends Australians use SPF50 or SPF50+, broad-spectrum, water-resistant sunscreen.

- Apply sunscreen 20 minutes before going outdoors – sunscreen is provided in each classroom to children to access.
 - Reapply every 2 hours when outdoors for extended periods, or immediately after swimming, sweating or towel drying.
- If practical, detail expectations as part of excursion planner.

Learning Opportunities

- Teachers and staff are encouraged to complete Cancer Council's free online learning modules (Generation SunSmart).

Role Modelling by Employees

- Employees are expected to role model good sun protection behaviours when outdoors, including wearing SunSmart hats, use of umbrellas, clothing and sunglasses, applying SPF50, broad-spectrum, water-resistant sunscreen, and seeking shade wherever possible.

Engaging the Broader Community

- Families and visitors are encouraged to role model sun protection behaviours when involved in outdoor organisational activities.

Support and Resources

- Utilise curriculum resources to educate children.
- Encourage students and staff to complete Cancer Council's free online learning modules.
- Utilise sun protection posters and resources (as outlined in Additional Information and Support).
- Organise through first aid course to upskill employees in sun protection practices.

Timing and Review

- Effective date: January, 2025
- Review date: January, 2028 – every 3 years