Sun Smart Policy

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. Given that outdoor work takes place during peak ultraviolet radiation (UVR) times throughout the day, workplaces 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 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, Baralaba State School realises the need to protect employees 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:
- Provide ongoing education that promotes personal responsibility for skin cancer prevention and early detection.
- Provide environments that support SunSmart practices.
  1. Provide portable shade for school functions.
  2. Provide a set of school hats for PE lessons and sports days so that all students have the opportunity to participate.
  3. Provide a set of school swim shirts
- Create an awareness of the need to reschedule workplace events, where possible, to support SunSmart practices.

Procedures
Baralaba State School recognises winter sun also contributes to skin damage. The implementation of this policy will continue throughout the year. The purpose of the SunSmart Policy is to ensure all students and staff of Baralaba State School are protected from the harmful effects of the sun throughout the year.

Our commitment
Baralaba State School will:
- Inform parents of the SunSmart policy via the school website.
- Include the SunSmart policy statement in the school prospectus
- Increase the amount of shade in the school ground, where possible, by building shelters and planting trees.
- Incorporate education programs that focus on skin cancer prevention in the school curriculum
- Seek ongoing support from parents and the school community for the SunSmart policy and its implementation, through newsletters, P&C meetings etc.
- Ensure students without adequate sun protection to use shaded or covered areas at lunch times
- Follow Cancer Council Queensland’s guidelines for SunSmart clothing when choosing or designing uniforms.
- Provide suitable shade structures for events (sports carnivals, catering functions) where existing shade is not adequate for staff, parents and students.
Promote SunSmart behaviour through posters and information brochures.

Ensure all staff at Baralaba State School act as positive role models in all aspects of SunSmart behaviour by:
- Ensuring all students and staff wear hats that protect the face, neck and ears, and SPF 30+ broad spectrum, water resistant sunscreen, when involved in outdoor activities.
- Freely provide SPF 30+ broad-spectrum, water resistant sunscreen to all staff and students
- Seeking shade wherever possible

Our Expectations

Parents/carers will:
- Be aware of BSS SunSmart Policy, having been informed about it upon enrolling their child, through the Prospectus, school website/newsletters, meetings and other activities.
- Provide a SunSmart hat for their child and ensure that they wear it to and from school. The Cancer Council recommends the following hats:
  - Broad brimmed (wider than 6cm)
  - Legionnaire-style
- Apply broad-spectrum, SPF 30+, water-resistant, sunscreen 20 minutes before leaving for school.
- Ensure that their child’s clothing provides adequate protection from UVR.

The Cancer Council recommends clothing with the following features:
- Dark coloured
- Collars and sleeves
- Closely woven fabrics
- Natural fibres

Act as positive role models for their children in all aspects of SunSmart behaviour.

Teachers will:
- Act as positive role models for their children in all aspects of SunSmart behaviour.
- Be aware of BSS SunSmart Policy and will be strongly involved with the implementation of it.

Students will:
- Be aware of the BSS SunSmart policy
- Comply with SunSmart rules and guidelines by wearing suitable hats, clothing and sunscreen.
- Utilise shaded or covered areas, where possible.
- Take responsibility for their own health and safety by practicing SunSmart behaviours.
- Apply broad-spectrum, SPF 30+, water-resistant, sunscreen 20 minutes before going outdoors.
- Act as positive role models for other students in all aspects of the SunSmart behaviour
- Participate in SunSmart education programs