



# NORTH ROCKHAMPTON STATE HIGH SCHOOL

## SUNSMART POLICY STATEMENT

### 1. 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 students are at school during peak ultraviolet radiation (UVR) times throughout the day, between 10.00am and 3.00pm, schools play a major role in both minimising a student's 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 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 (UVR) levels are highest during the hours children are to 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 **North Rockhampton State High School** realises the need to protect children's skin and educate them about SunSmart behaviour, thus reducing the risk of skin damage from exposure to the sun.

### 2. AIMS

This policy aims to:

- ◇ Provide ongoing education that promotes personal responsibility for skin cancer prevention and early detection;
- ◇ Provide environments that support SunSmart practices; and
- ◇ Create an awareness of the need to reschedule outdoor activities to support SunSmart practices.

### 3. PROCEDURES

**North Rockhampton State High 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 all children attending our school are protected from the harmful effects of the sun throughout the year.

## 4. OUR COMMITMENT

**North Rockhampton State High School** will:

- ◇ Inform parents of the school's SunSmart policy when they enrol their child;
- ◇ Include the SunSmart policy statement in the school prospectus;
- ◇ Increases the amount of shade in the school grounds, where possible, by building shelter 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 and P&C Meetings;
- ◇ Ensure 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;
- ◇ Encourage students without adequate sun protection to use shaded or covered areas at recess and lunch times;
- ◇ Review the school dress code to conform with The Cancer Council Queensland SunSmart clothing guidelines;
- ◇ Incorporate a SunSmart swimsuit into the school uniform;
- ◇ Ensure wherever practicable that outdoor activities take place before 10.00am and after 3.00pm;
- ◇ Ensure adequate shade is provided at sporting carnivals and other outdoor events;
- ◇ Encourage the wearing of sunglasses for outdoor lessons;
- ◇ Ensure SPF 30+ broad-spectrum, water-resistant sunscreen is included in the school sports kit;
- ◇ Have SPF 30+ broad-spectrum, water-resistant sunscreen listed with other items students are required to buy for the school year; and
- ◇ Review the SunSmart policy annually.

## 5. OUR EXPECTATIONS

Students will:

- ◇ Be aware of the school's SunSmart policy;
- ◇ Use shaded or covered areas when outdoors;
- ◇ Take responsibility for their own health and safety by being SunSmart;
- ◇ Comply with SunSmart rules and guidelines by wearing suitable hats, clothing, sunscreen and sunglasses;
- ◇ Act as positive role models for other students in all aspects of SunSmart behaviour;
- ◇ Wear hats while in sun during outdoor physical activity eg. Athletics carnivals, HPE lessons, Interschool Sport;
- ◇ Help to design and regularly update the SunSmart policy; and
- ◇ Participate in initiatives to protect the school population from excessive exposure to the sun.