

Geham State School Sun Safety Strategy



Rationale

Queensland has the highest rate of skin cancer in the world. Skin cancers account for 80 per cent of all new cancers diagnosed each year in Australia, making it by far the most common type of cancer diagnosed each year. Research suggests that exposure to the sun's ultraviolet radiation during childhood and adolescence is the major cause of skin cancer in later life. 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. Sun protection during childhood and adolescence means life-long reduced risk. Ultraviolet radiation (UVR) levels are highest during the hours that children are at school. With this in mind, Geham State 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.

Aims

Our strategy aims to:

- Develop behaviours that reduce the risk of skin damage from exposure to the sun
- Provide ongoing education that promotes personal responsibility for sun safe practices
- Provide an environment that supports SunSmart practices

Strategy

Geham State School's Sun Safety Strategy has been developed to ensure that all students and staff attending our school are protected from skin damage caused by harmful ultraviolet rays of sun. Our school will:

Behaviours

- Require students to wear protective clothing including appropriate hats when in the sun during the school day
- *No hat no play rule* will be reinforced through Responsible Behaviour Management Plan
- Require students to wear swim shirts during all water-based activities, with the exception of competitions and carnivals
- Provide an SPF 30+ broad spectrum water based sunscreen for students to use on uncovered areas of the skin, such as the face and the back of the hands, for all outdoor activities
- Promote the importance of parents, teachers, ancillary staff and voluntary helpers as role models for students in relation to sun protection strategies

Environment

- Maximise the use of available shade for outdoor activities
- Increase the amount of shade in the school grounds, where possible by building shelters and planting trees
- Provide flexible planning of activities to reduce, as far as practicable, time spent by students in the sun between 10.00am and 2.00 pm
- Ensure that adequate shade is provided at sporting carnivals and other outdoor events
- Consider sun protection when determining or reviewing school uniform designs
- Consider sun protection in relation to Parents and Citizens' Association projects and activities

Education

- Provide effective educational programs on sun safety and preventative measures
Teaching Resources available at the following link:
<https://staff.learningplace.eq.edu.au/searchcenter/pages/results.aspx?start=1&k=sun+safety>

Communication

- Regularly promote sun protection information to students, staff and parents through lessons, newsletters, noticeboards, online communications, enrolment and announcements at sporting events
- Inform parents about the school's Sun Safety Strategy when they apply for enrolment
- Include the Geham State School Sun Safety Strategy in the school prospectus

Review

The Principal and P&C in consultation with the school community will regularly monitor and review the effectiveness of the Sun Safety Strategy to ensure it remains relevant and current.