



PARKHURST STATE SCHOOL

Sun Smart 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 suggests that at least two thirds of all melanomas occurring in Australia could be prevented if children were protected from the sun during their first fifteen years.

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 aging. Most skin damage and skin cancer is therefore preventable.

Ultraviolet radiation (UVR) levels are highest during the hours that children are at school. With this in mind, Parkhurst 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

This policy aims 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

Parkhurst State School will ...

- Inform parents and carers of the SunSmart policy when they enrol their child
- Include extracts from the SunSmart policy statement in the school prospectus
- Maximise the amount of shade in the school grounds, where possible, by building shelters, planting trees and acquiring portable shading
- Incorporate education programs that focus on skin cancer prevention into the school curriculum
- Encourage all teachers and staff to act as positive role models for children in all aspects of SunSmart behaviour
- Seek ongoing support from parents and this school community for the SunSmart policy and its implementation, through newsletters, parent meetings and other such activities/media; to be facilitated through the Health Promoting Schools Committee.
- Ensure that all students and staff wear hats that protect the face, neck and ears, and use 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 lunchtimes
- Review the school dress code to conform with the Queensland Cancer Fund SunSmart clothing guidelines
- Incorporate a SunSmart swimsuit into the school uniform
- Ensure that, wherever practicable, outdoor activities take place before 10:00 a.m. or after 3:00 p.m.
- Ensure that adequate shade is provided at sporting carnivals and other outdoor events
- Ensure that SPF 30+ broad spectrum, water resistant sunscreen is placed on the school book list
- Review the SunSmart policy annually

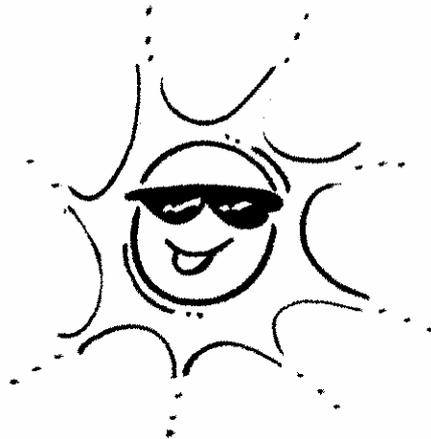


Parents and Carers will ...

- Provide a SunSmart hat for their child and ensure that they wear it to and from school. An 8 to 10 cm broad brimmed hat is preferable.
- Ensure that their child/ren's clothing provides adequate protection from UVR. The Queensland Cancer Fund recommends clothing that has the following features ...
 - dark coloured
 - collars and sleeves
 - closely woven fabric
 - natural fibre
- Act as positive role models by practising SunSmart behaviour
- Support the school's SunSmart policy and help to design and regularly update the policy.

Students will ...

- Be aware of the school's SunSmart policy
- 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
- Apply SPF 30+ broad spectrum, water resistant sunscreen twenty minutes before going outdoors
- Use shaded or covered areas when outdoors
- Act as positive role models for other students in all aspects of SunSmart behaviour
- Help to design and regularly update the SunSmart policy
- Participate in SunSmart education programs



**We, the undersigned, have considered and endorsed
Parkhurst State School's SunSmart Policy.**

| | Name | Signature | Date |
|-------------------------------|-------------|------------------|-------------|
| Staff Representative | | | |
| P&C President | | | |
| Student Representative | | | |
| Principal | Lyle Walker | | |