

Jindalee State School Sun Smart Policy 2010

INTRODUCTION

Sun exposure in early childhood and adolescence contributes significantly to the risk of developing skin cancer. Sunburn is the most preventable risk factor in causing skin cancer. Skin type and family history may also play a part and although we cannot change these, we can control our sun safety habits and take sensible precautions for protection from the effects of the sun's rays.

RATIONALE

It is the role and responsibility of the school to not only educate our students but also to provide them with a safe and supportive environment. By implementing a sun protection policy and strategies with established programs and procedures we will both inform and protect students from the risks associated with overexposure to the sun. We also develop lifelong good health habits to ensure ongoing health and welfare.

SUN PROTECTION POLICY

The health of the members of our school community is of primary concern to Jindalee State School. We will actively teach, promote, encourage and support sun protection strategies at our school.

Whenever possible we will:

- Provide effective educational programs on sun safety and preventative measures. (These programs will form part of our school health and physical education programs, workplace health and safety programs and grounds and facilities development.)
- Maximise the use of existing shade and facilities and where these are not adequate; will seek to work with the relevant authorities and our school community to provide more shade and temporary shade for special events including shade tree planting and caring programs.
- Provide flexible planning of activities to reduce as far as practicable, time spent by students in the sun between 10.00am and 3.00pm
- Consider sun protection factors when determining or reviewing the school dress code and uniform designs.
- Require the wearing of protective clothing including appropriate hats when outdoors during the school day. During swimming lessons sun protection T-shirts should be worn.
- Encourage the use of SPF 30+ broad spectrum, water resistant sunscreen on all uncovered areas of the skin, such as the face, arms and back of hands. This is especially important during swimming lessons.
- Consider sun protection when planning parents' and citizens' association projects or activities or other outside school hours activities.
- Promote sun safety through posters, newsletters, brochures and regular announcements at parades and assemblies.
- Promote the importance of parents, staff, and voluntary helpers as role models for students in relation to sun protection strategies.
- Review the school's sun protection policy annually.

SUN PROTECTION STRATEGIES

The following simple steps meet the requirements of our school's sun protection policy and will assist in reducing the risks associated with overexposure to the sun.

1. UV INDEX

- Access the daily UV index to determine the level of risk. The index is provided by the weather bureau and is expressed as a score from 0 to +10. It is published in the daily newspapers, broadcast on radio and television and is available on the Internet.
- On days of higher index values take a greater level of sun safety protection than would be necessary on days of a lower index value.

2. TIME LIMIT

- UV is most intense between the hours of 10.00am and 3.00pm (EST). Teachers will plan outdoor activities outside these times where possible. No matter what time of day, limit time in the sun to a minimum.
- Limit time in the sun all year round. Even in cooler months and during cloudy weather UV can still penetrate and cause severe sunburn
- If you must be outdoors during peak times use shade or find shaded area for activities.
- Umbrellas, trees, shade cloth and shadows from buildings may provide protection.

3. PROTECTIVE CLOTHING

- Wear clothing that covers the most skin such as shirts with collars, sun safe swimsuits, shoes and socks
- Wear darker colours with tight knit fabrics as these absorb more UV than lighter loose knit clothing.
- Wear wide brimmed hats to protect face, ears and neck.
- Wear UV block rated sunglasses to protect eyes from UV.

4. SUNSCREEN

- Use sunscreen in addition to protective clothing.
- Use broad-spectrum water resistant sunscreens with a maximum sun protection factor (SPF) of 30+. Sunscreen of this type is supplied to classrooms on request from school resources.
- Apply sunscreen at least half an hour before exposure and reapply every two hours or after swimming or heavy perspiration.
- Apply sunscreen liberally and wear it under makeup or insect repellent.

5. SLIP, SLOP, SLAP

- Development of skin cancer is related to the exposure to the sun as a child or adolescent. The primary triggers are accumulated exposures and severe sunburn.
- Children need to know how to play safe in the sun by learning to wear cover up clothing, using sunscreen and wearing hats or playing in shade.

- Teach children to SLIP on a shirt, SLOP on sunscreen and SLAP on a hat.

RESOURCES

Resources for teaching sun protection strategies are available for the school library or the teachers' reference library. Additional resources may be obtained from the Queensland Cancer Fund on request. The Principal and Business services Manager are authorised to approve costs associated with the acquisition of resources

NO HAT, NO PLAY POLICY

Jindalee State School adheres strictly to a "No Hat, No Play" policy. This is explained as follows:

- All students and staff are expected to have a broad brimmed hat with them at school. These styles are recommended by the Queensland Cancer Fund and the School Parents' and Citizens' Association.
- Blue hats are available for purchase from the school uniform shop. The school's dress code encourages wearing of the school hat. Children may however wear any other hat provided it conforms to the style and colour outlined above.
- Baseball hats do not provide adequate protection for the ears and neck and are therefore not appropriate as a form of sun protection.
- All students and staff must wear their hats during all outdoor activities and when moving outdoors to travel from one location to another during the school day or whilst under school supervision.
- All students and staff must wear their hats during morning tea and lunch breaks when outdoors. (Staff may be permitted to use an umbrella for sun protection.)
- All staff must wear hats when on playground duty in the yard.
- Hats are an essential prerequisite for attendance at outdoor excursions and camps.
- Children not wearing the prescribed hat are exposing themselves to skin damage from the sun and will not be permitted to participate in outdoor activities or play periods. Instead they will be required to report to a designated under cover area and to remain there until the period concludes.
- The Jindalee Way behaviour policy will be applied in cases of repeated infringements of the "No Hat, No Play" policy.