Sun Safety Strategy

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. Research indicates that childhood sun exposure is a significant contributing factor to the development of skin cancer later in life. Given that students are at school during peak Ultraviolet Radiation (UVR) times, school plays a major role in minimising students’ UVR exposure.

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 (blemishers) and premature ageing.

Staff at CCSS understand the need to protect children’s skin and to educate them about Sun Smart behavior, thus reducing their risk of skin damage resulting from exposure to the sun.

Aims and procedures:

- Provide on-going education that promotes personal responsibility for skin cancer prevention (wear hat, sunscreen, swim shirts and clothing that provides adequate protection from UVR).
- Provide environments and flexibility that support Sun Smart practices (shaded areas to play between 10 – 2pm, re-scheduling of activities usually performed in sun in the event of extreme heat).

Expectations:

Staff:

- Act as positive role models to students by practising SunSmart behaviour (i.e. wear hats outdoors, broad brimmed hats, apply sunscreen, wear clothing that provides adequate protection).
- Remind and assist students to apply sunscreen and wear hats.
- Use shaded areas for outdoor activities where possible.
- Ensure students wear appropriate “swim shirts” for swimming and surfing activities.
- Teach students directly about how to be Sun Smart.

Parents:

- Provide a broad brimmed hat for their child.
- Assist their child to apply sunscreen before leaving for school (and supply appropriate sunscreen for re-application if sensitive to sunscreen supplied by school).
Ensure their child’s clothing provides adequate protection from UVR.

Support the school’s Sun Safety Strategy in principle and in practice.

Provide a protective swim shirt to wear during all school water-based activities.

Act as a positive role model by practicing Sun Smart behavior.

**Students:**

- Comply with Sun Smart rules and guidelines by wearing suitable hats, clothing (uniform shirt and swim shirt for water activities) and sunscreen.
- Use shaded or covered areas when outdoors as much as possible.
- Act as positive role model for other students in all aspects of Sun Smart behaviour.

- Participate in Sun Smart education programs as provided.

This Sun Safety Strategy is in alignment with *Supporting Student Health and Wellbeing policy statement, 2013* and has been considered and accepted by:

__________________________________    _____________________________
CCSS Staff                                P&C Association
Principal: Kylie Sargeant                 President : Mary Page
Date:                                     Date: