

Sun Protection Policy

Peregian Springs State School

Aim

This policy aims to protect all staff, students, contracted services, parents, families and volunteers of Peregian Springs State School from the harmful effects of UV radiation exposure while on the premises or involved in excursions that require leaving our school.

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.

Skin damage, including skin cancer, is the result of cumulative exposure to the sun. UV damage accumulated during childhood and adolescence is associated with an increased risk of skin cancer later in life. Queensland State Schools play an important role in educating students about, and promoting the importance of, sun safe practices. Principals and staff have a duty of care to do what is reasonably practical to protect students and staff from the harmful effects of the sun caused by high ultraviolet radiation (UVR) exposure.

In Queensland, the UV index is typically at damaging levels (that is usually above 3) during school hours all year. Reducing students' sun exposure is the most effective way to decrease their risk of developing skin cancer later in life. Given students and staff are at school during peak UV times, schools play a major role in providing an environment where policies and procedures can positively influence long-term SunSmart behaviour.

With this in mind, schools need to take into account the need to support students, staff, parents and visitors to the school by providing and promoting a SunSmart environment.

Peregian Springs State School aims to educate our students about being sun safe in order to develop important, lif-long, healthy habits, and acknowledges the significant role educators play during inside and outside school hours to reinforce sun safety with our students and their families.

In implementing this policy, Peregian Springs State School and the P & C recognise that:

- The policy applies to all school and school-related activities and events;
- The strategies are to be implemented during the whole school day and year-round; and
- A combination of sun safe strategies is more effective than a single approach

Procedures

- To assist with implementation of this policy, staff and students at Peregian Springs State School are encouraged to access daily local sun protection times via the SunSmart app or Sunsmart widget on the [Sun Smart Queensland](#) and school website [Peregian Springs State School](#)
- The sun protection measures listed are to be used for all outdoor activities when UV is three and above. If daily sun protection times cannot be checked, please use sun protection all year round. Outdoor activities should be minimised between 10am – 3pm

Healthy Physical Environment

1. Seek shade

- Provide a variety of shade (i.e. built, natural and portable) in all areas where students congregate including areas for lunch, outdoor teaching and sport
- Sports activities are rotated during the week between the Indoor Sports Centre, Undercover Areas and the Oval
- Temporary shade structures are used as necessary for outdoor events, for example, Under 8s Day, Track & Field Carnivals, Grandparent's Day, Spring X, Cross-Country
- Encourage students to use available shade
- Consider shade availability when planning all outdoor events and excursions
- Conduct regular shade assessments to determine future needs

Healthy Social Environment

2. Slip on sun protective clothing

- Make school uniforms Sun Smart as per Cancer Council Queensland recommendations. This includes shirts with collars and elbow length sleeves, longer style dresses and shorts, and long pants
- Wear swim shirts/rash vests during all water-based activities at outdoor venues, except during their race/s at competitions and carnivals

3. Slap on a hat

- Ensure hats worn by students cover the face, neck and ears such as broad-brimmed, bucket or legionnaire style. Peak caps and visors are not considered a suitable alternative
- Staff remind students to wear hats before and during lunch breaks, and to and from outdoor activities
- Students who do not have a hat will play in the shade or an area protected from the sun
- The only exceptions when playing sport are when a hat reduces visibility or interferes with activity skills and therefore poses a risk to students' safety; or when wearing a hat is not possible because other headwear is required to be worn for religious or safety reasons. Under these circumstances, students may remove their hat for the duration of the activity, ensuring they have applied sunscreen to uncovered skin (ideally 20 minutes) prior to participating

4. Slop on sunscreen

- Make available SPF 30 or higher broad-spectrum, water-resistant sunscreen, or encourage students to supply their own to use on uncovered areas of the skin, such as the face and the back of hands, for all outdoor activities
- Parent's/carers are encouraged through social media and newsletter items to have their children apply sunscreen before school
- Encourage students to apply sunscreen 20 minutes before going outdoors and to reapply every 2 hours when outdoors for extended periods
- Sunscreen stations are set up at all sporting and outdoor events

5. Slide on sunglasses (optional)

- Where practical, students are encouraged to wear close-fitting, wrap-around sunglasses that meet the Australian Standard AS1067.

Learning Opportunities

- Sun safety is formally taught as part of the implementation of the Australian Curriculum through Health and Physical Education lessons
- Staff include the risk of exposure to UVR in their curriculum activity risk assessments for outdoor activities, which includes ensuring that adequate shade is available for outdoor activities where possible, for example, using temporary shade structures
- Incidental teaching of personal sun safety strategies occurs in all year levels as part of the school routine on a regular basis, for example, through reminders to students to wear hats and apply sunscreen and via Health lessons
- Staff are informed about the schools' sun safety policy and its requirements at induction

Role Modelling by Staff

- Peregrine Springs State School promotes the importance of parents/carers, teachers, ancillary staff, volunteers and other adult supervisors as role models for students using the following strategies:
 - Staff and P & C members are encouraged to consider the use of shade, sun safe hats and clothing, sunglasses and sunscreen when doing their duties, running outside activities, and when on excursions/camps
 - Parents/carers are encouraged to have their children apply sunscreen before they come to school and provide personal sunscreen for their children to use at school

Engaging the School Community

- Regularly reinforce and promote Sun Smart behaviour to the whole school community (students, staff, families and visitors) via newsletters (weekly snapshot), website/intranet, social media, school assemblies, parent/teacher meetings and student enrolment/staff orientation
- Encourage families and visitors to role model sun protection behaviours when involved in school activities

Policy Timing and Review

- This policy is effective from 2023 and will be reviewed every year to ensure it remains current and practical
- Policy updates and requirements will be made available to the school community via the school website



Legislation

[Work Health and Safety Act 2011 \(Qld\)](#)

Supporting Information for this Procedure

[Request for voluntary financial contributions procedure](#)

[Guidelines for developing a school sun safety policy](#)

Other Resources

[Managing risks in school curriculum activities procedure](#)

[Student dress code procedure](#)

[Sun protection strategy strategy for schools – Queensland Health](#)

[Sun Safety – Queensland Government](#)

Endorsed by: Alfred Basa, P&C President Brooke Saunders, Staff Representative	Approved by: Victoria Anstey, Principal Date of approval: 11/08/2023
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