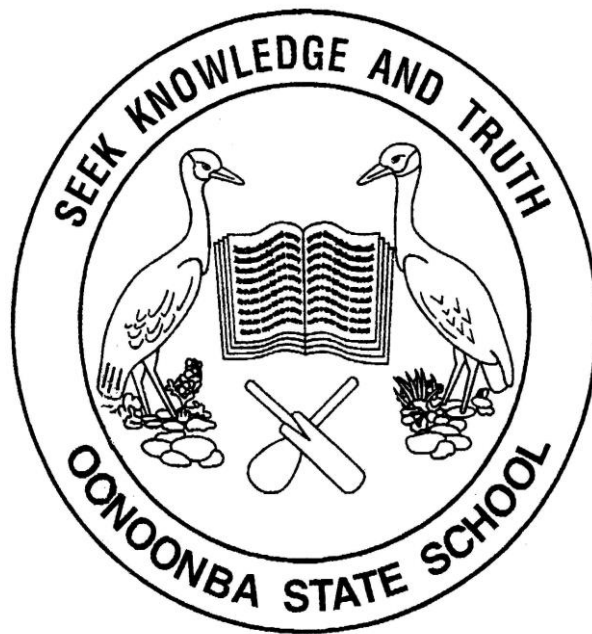


SUN SMART POLICY



OONONBA STATE SCHOOL

The purpose of the policy is to ensure that all children attending Oonoonba State School are protected from skin damage caused by the harmful ultra violet rays of the sun.

AIM:

- ❑ To have all children wearing wide brim, bucket hats in preference to legionnaire hats. (no caps)
- ❑ To have all children wearing shirts with collars.
- ❑ To develop a positive attitude towards preventative measures for skin cancer.
- ❑ For children to be aware of the dangers of damage by the sun to their health and well being.

As part of general skin strategies:

- ❑ Children will wear wide brim, bucket or legionnaire hats, which protect the face, neck and ears whenever they are outside during activities which include:
 - lunch breaks
 - inter and intra-school sport
 - sport or cultural carnivals
 - outdoor excursions
 - outdoor activities
- ❑ Children who do not have their hats during playtime will play in covered areas protected from sun.
- ❑ Children who do not have their hats for Physical Education learning experiences will be offered spare hats, and if none are available sent to the nearest shaded area or their buddy classroom.
- ❑ Children will be encouraged to use available areas of shade for outdoor play activities.
- ❑ Outdoor activities will be held in areas of shade whenever possible.
- ❑ Staff will be encouraged to act as role models by practising Sun Smart behaviours:
 - wearing hats and clothing for all outdoor activities
 - using a SPF 30+, broad spectrum, water resistant sunscreen for skin protection.
 - using an umbrella when on playground supervision.
 - seeking shade whenever possible.
- ❑ The school has definite ongoing plans too improve school landscaping to enhance the environment and embedding the Sun Smart Policy into its school practices through further:
 - purpose built shade structures
 - planting of mature shade trees
 - installation of an efficient irrigation system to maintain shade trees



The School will:

- ❑ Ensure that school hats are appropriate and satisfy Australian Cancer Society and Queensland Cancer Fund guidelines.
- ❑ Provide more shelters and shade trees over time with school, P & C Association and successful grant submission funding.
- ❑ Provide SPF 30+, broad spectrum, water resistant sunscreen for staff and student use whenever possible.
- ❑ Incorporate programs on skin cancer prevention into its P-6 Health and Physical Education Curriculum.
- ❑ Encourage students to play in shaded or covered areas, the library and air-conditioned classrooms during periods of extremely hot weather.
- ❑ Minimise time spent outside during peak UV periods.
- ❑ Promote regular 'Brainy Food' breaks with water consumption to assist brain function during classroom time.
- ❑ Reinforce regularly the Sun Smart Policy in a positive way through:
 - school newsletters
 - tree planting days
 - parent meetings
 - school assemblies
 - student and teacher learning experiences
- ❑ Monitor the enactment of the Sun Smart Policy through the sharing of observations and feedback by staff, parents and community members.
- ❑ Aim to review the Sun Smart Policy at the end of each year.
- ❑ Be committed to sustaining a positive, pro-active and healthy approach to embed Sun Smart awareness and skills in the lives of children for life.



When enrolling their child/ren, parents will be:

- ❑ Informed of the Sun Smart Policy.
- ❑ Requested to purchase a school wide brimmed or bucket hat or provide an appropriate hat for their child's use.
- ❑ Encouraged to provide SPF 15+, broad spectrum, water resistant sunscreen for their child's use.
- ❑ Encouraged to practise skin-protective behaviours themselves.

The Students will:

- ❑ Be aware that they are responsible for their own health and safety
- ❑ Comply with Sun Safe rules and guidelines e.g. wear a wide brimmed or bucket hat (No Hat, No outside Play)
- ❑ Support each other and observe Sun Safe practices.
- ❑ Wear suitable Sun Safe clothing.
- ❑ Use sunscreen when required.
- ❑ Seek shade or sheltered areas for activities.
- ❑ Be positive role models for younger students.
- ❑ Be encouraged to seek varied options to engage in play during extreme hot weather days such as:
 - the school library which is open at first and second break 5 days a week;
 - the multi purpose court which has a full shade cover;
 - use of games room and computer lab.



Preventing Skin Cancer

Protect your skin

- **Slip** on some sun-protective clothing – that covers as much skin as possible
- **Slop** on broad spectrum, water resistant SPF30+ sunscreen. Put it on 20 minutes before you go outdoors and every two hours afterwards. Sunscreen should never be used to extend the time you spend in the sun.
- **Slap** on a hat – that protects your face, head, neck and ears
- **Seek** shade
- **Slide** on some sunglasses – make sure they meet Australian Standards

Revised January 2015

