



MORAYFIELD STATE HIGH SCHOOL

A C H I E V I N G T O G E T H E R

Sun Safe Policy

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. Given that students are at school during peak ultraviolet radiation (UVR) times throughout the day, schools play an important role in both minimising student's UVR exposure and providing an environment where policies and procedures can positively influence student behaviour.

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

With this in mind, Morayfield State High School realises the need to help children understand the importance of properly protecting their skin and educating young people about Sun Smart behaviour, thus reducing the risk of skin damage from exposure to the sun.

Aims

This policy aims to demonstrate a commitment to:

- provide ongoing education that promotes personal responsibility for sun protection,
- educating students in terms of prevention and early detection of sun related damage,
- providing environments that support SunSmart practices,
- activities that support SunSmart practices.

Procedures

Our school recognises that winter sun also contributes to skin damage. This policy will therefore be implemented throughout the year.

The purpose of this Sun Smart policy is to ensure that all children attending our school are aware of the harmful effects of the sun throughout the year.

Morayfield State High School:

- **required the wearing of hats** during all outdoor activities
- **requires the provision of SPF 30+ broad spectrum water-resistant sunscreen** for students to use on uncovered areas of the skin, such as the face and back of the hands for all outdoor activities.
- **encourages the wearing of swim shirts** during all water-based activities.
- **encourages students to eat lunches in undercover areas.**
- **requires students to wear sleeved, collared shirts** for all outdoor activities.

Our Commitment

Morayfield State High School will at various times

- inform parents of the school's Sun Smart policy
- increase the amount of shade in the school grounds, where possible, by building shelters and planting trees
- incorporate education programs that focus on skin cancer prevention into the school curriculum
- encourage all teachers and staff to act as positive role models of Sun Smart behaviour
- seek ongoing support from parents and the school community for the Sun Smart policy and its implementation, through newsletters and parent meetings.
- require all students and staff to wear hats that protect the face, neck and ears, and 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 lunch times
- provide shade at sporting carnivals and other outdoor events
- encourage the wearing of sunglasses where appropriate
- encourage the use of SPF 30+ broad spectrum, water resistant sunscreen, for example, in the school sports kit
- consider new approaches in sun safety as they evolve.

Morayfield State High School ensures student involvement in physical activity is not compromised by sun safe strategies which encourage the wearing of hats or swim shirts.

Our Expectations

Students should be:

- aware of the school's Sun Smart policy
- wearing hats for all outdoor activities (2013 Year 8 compulsory bucket hat, 2014 Year 8-9 compulsory bucket hat, 2015 whole school compulsory bucket hat)
- using shaded or covered areas when outdoors when applicable and possible
- taking responsibility for their own health and safety by being Sun Smart
- acting as positive role models for other students in all aspects of Sun Smart behaviour