



## INGHAM STATE HIGH SCHOOL

# SunSmart Policy



### FORWARD

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 suggests that at least two-thirds of all melanomas occurring in Australia could be prevented if children were protected from the sun during their first 15 years.

Skin damage, including skin cancer, is the result of cumulative exposure to the sun during all seasons. 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.

Ultraviolet radiation (UVR) levels are highest during the hours that children are at school. As children will spend a portion of their day outdoors, we are committed to protecting them from the harmful effects of the sun.

Ingham State High School realises the need to protect children's skin and educate them about SunSmart behaviours, thus reducing their risk of skin damage from exposure to the sun. The school wants to work collaboratively with the school community as we all have a part to play, particularly parents who are responsible for seeing their children are correctly attired for school. School hats are available from the school tuckshop – wide-brim, bucket hat design. Other designs are acceptable if they meet SunSmart requirements. Caps are not considered appropriate protection against the sun and therefore children will not be allowed to wear caps at Ingham State High School.

### PURPOSE

The purpose of this policy is to ensure that all children attending Ingham State High School are protected from the skin damage caused by the harmful ultraviolet rays of the sun.

### AIM

- To have all children wearing approved wide-brim hats or bucket hats (not caps).
- To provide ongoing education that promotes personal responsibility for skin cancer prevention and early detection.
- To develop a positive attitude towards preventative measures for skin cancer.
- To provide environments that support SunSmart practices.
- To create an awareness of the need to reschedule work commitments and outdoor activities to support SunSmart practices.

### GENERAL SKIN PROTECTION STRATEGIES

- Students will wear school bucket hats or wide-brim hats which protect the face, neck and ears whenever they are outside, eg recess, lunch, sport, carnivals, outdoor excursions and activities.
- Students who do not have their hats during playtime will play in an area protected from the sun.
- Students will be encouraged to use available areas of shade for outdoor activities.
- Outdoor activities will be held in areas of shade whenever possible:
  - Wearing protective hats and clothing for all outdoor activities.
  - Using SPF50+ broad spectrum, water-resistant sunscreen for skin protection.
  - Seeking shade whenever possible.

### OUR COMMITMENT

Ingham State High School has a commitment to:

- Inform parents of the SunSmart Policy when they enrol their child.

- Ensure adults act as positive role models by practising SunSmart behaviour, eg wear wide-brim or bucket hats outdoors, apply SPF50+ sunscreen, wear clothing and sunglasses which provide adequate protection.
- Incorporate effective educational programs that focus on skin cancer prevention into the school curriculum, eg various curriculum lessons.
- Provide and remind students to apply sunscreen 20 minutes before going outside and to reapply every 2 hours when outdoors for extended periods of time, wear hats and play in shaded areas.
- Involve students in a variety of learning activities which develop knowledge, attitudes and skills relevant to personal skin protection on an annual basis.
- Use shaded areas for outdoor activities where possible (including erecting the portable shades).
- Encourage students to wear hats as they leave the classroom for outdoor activities, recess and after school.
- Encourage students to wear appropriate 'wet shirts' for swimming lessons.
- Encourage students to wear sunglasses that are close-fitting, wrap-around sunglasses that meet the Australian Standard AS1067.
- Educate students for self-responsibility.
- Assist parents with ideas to encourage their children to be SunSmart.
- Educate and raise awareness within the school community about the dangers and long term effects of over exposure to the sun.
- Take appropriate measures during times of extreme UVR levels, eg no oval days.
- Provide an ample amount of shade in the school grounds and conduct regular shade assessments to determine future needs.
- Encourage all teachers and staff to act as positive role models for children in all aspects of SunSmart behaviour.
- Seek ongoing support from parents and the school community for the SunSmart Policy and its implementations, through the official Facebook school site, other forms of media, parent meetings, P & C meetings etc.
- Encourage all students and staff to wear hats that protect the face, neck and ears, and wear SPF50+ broad-spectrum, water-resistant sunscreen, when involved in outdoor activities.
- Insist students without adequate sun protection use shaded or covered areas at lunch times (No hat - No play Policy is in place at the school).
- Ensure that where practicable, outdoor activities take place before 10:30 am or after 3:00 pm.
- Ensure that adequate shade is provided at sporting carnivals and other outdoor events.
- Keep abreast of current research in SunSmart behaviour, eg the wearing of sunglasses.
- Review the SunSmart Policy annually.
- Ensure that school hats are appropriate and satisfy Australian Cancer Society and Queensland Cancer Council guidelines.
- Provide more shelters and shade trees.
- Provide SPF50+ broad-spectrum, water-resistant sunscreen for staff and student use whenever possible.
- Reinforce regularly the SunSmart Policy in a positive way through official Facebook school site, other forms of media, parent meetings, student and teacher activities.

## **OUR EXPECTATIONS**

### **Parents/Caregivers will:**

- Be informed of the SunSmart Policy.
- Be encouraged to purchase a school hat or provide an appropriate hat for their child's use.
- Be encouraged to provide SPF50+ broad-spectrum, water-resistant sunscreen for their child's use.
- Ensure that their child's clothing provides adequate protection from UVR.
- Provide where practical, sunglasses that are close fitting, wrap around style that meet Australian Standards AS1067.
- Act as a positive role model by practising SunSmart behaviour.

- Support the school's SunSmart Policy and plan in principle and in practice.
- Help to design and regularly update the SunSmart Policy and plan.
- Wear suitable hats and other sun protective clothing when volunteering at school for outdoor activities.
- Provide a protective sun-shirt or T-shirts for wear during all school water-based activities.

**Students will:**

- Be aware of the school's SunSmart Policy.
- Take responsibility for their own health and safety by being SunSmart.
- Comply with SunSmart rules and guidelines, eg wear a wide-brimmed or bucket hat, clothing, sunscreen and sunglasses (optional).
- Support each other and observe SunSmart practices.
- Apply SPF50+ broad spectrum, water-resistant sunscreen at appropriate times.
- Use shaded or covered areas when outdoors as much as possible.
- Act as positive role models for other students in all aspects of SunSmart behaviour.
- Help to design and regularly update the SunSmart Policy.
- Participate in SunSmart educational programs.

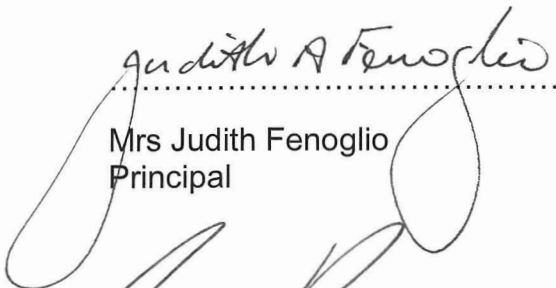
**POLICY TIMING AND REVIEW**


- This policy is effective from 24 June 2020 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.

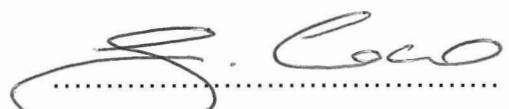
Date policy was reviewed ..... 24 JUNE 2020 .....


**Considered and accepted by  
Ingham State High School Staff**

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ISHS Parents & Citizens Association**

  
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Mrs Judith Fenoglio  
Principal

  
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Mr Jason Brown  
Work Place Health & Safety Advisor

  
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Mrs Sandra Coco  
P & C President

  
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Mrs Juliana Agazzani  
School Based Youth Health Nurse