



Forest Lake State School Sun Protection Policy

Rationale

Year-round sun protection is important for all children and young people in Queensland as research demonstrates that high ultraviolet radiation (UVR) exposure in childhood and adolescence significantly increases the risk of developing skin cancer.

Our school aims to educate our students about being sun safe in order to develop important, life-long, healthy habits, and acknowledges the important role adults play during and outside school hours to reinforce sun safety with children and young people.

In implementing this policy, our school and community 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.

| ELEMENT | STRATEGIES |
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| Clothing requirements | <p>Students are required to wear protective clothing, including appropriate hats, when outdoors during the school day and during school-related activities (for example, excursions/camps) to reduce students' exposure to the sun, including the following strategies:</p> <p>Hats</p> <ul style="list-style-type: none">• Students are required to wear appropriate hats when outdoors. 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 hats for the duration of the activity, with encouragement to apply sunscreen to uncovered skin prior to participating.• Our school uniform hats are either broad-brimmed, bucket and/or legionnaire hats.• Staff remind students to wear hats before and during lunch breaks, and to and from outdoor activities.• NO HAT = NO PLAY = Staying in a covered area. Students who do not have hats will play in the shade or an area protected from the sun. <p>Swim shirts</p> <ul style="list-style-type: none">• Students are required to wear swim shirts/rash vests during all water-based activities occurring at outdoor venues, except during their race/s at competitions and carnivals. |



| ELEMENT | STRATEGIES |
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| Shade provision and use | Our school maximises the use of available shade for outdoor activities: <ul style="list-style-type: none"> • Ensure that temporary shade structures are provided as required at school events e.g., sporting carnivals, Naidoc celebrations and Under 8s Day |
| Education | Our school provides educational programs on sun safety and preventative measures through the following strategies: <p>Curriculum, teaching and learning</p> <ul style="list-style-type: none"> • Sun safety is formally taught as part of the implementation of the Australian Curriculum through Health and Physical Education • Staff include the risk of exposure to UVR in their curriculum activity risk assessments for outdoor activities, which includes ensuring that shade is available for outdoor activities where possible, for example, using temporary shade structures. <p>Incidental teaching and promoting sun safe behaviours</p> <ul style="list-style-type: none"> • 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. <p>Staff professional development</p> <ul style="list-style-type: none"> • Staff are informed about the school’s sun safety policy and its requirements on induction. |
| Sunscreen provision | Our school recognises the importance of sunscreen use as a sun safe measure and implements the following strategies: <ul style="list-style-type: none"> • The school supplies SPF 30 or higher broad-spectrum, water-resistant sunscreen for student use. • Parents/carers are encouraged through social media and newsletter items to have their children apply sunscreen before school. • Parents/carers are encouraged to provide sunscreen for their child if they don’t wish their child to use the school’s sunscreen. |
| Modelling sun safe behaviours | Our school promotes the importance of parents/carers, teachers, ancillary staff, volunteers and other adult supervisors as role models for students using the following strategies: <ul style="list-style-type: none"> • 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. |