



**Year Adopted**  
**2001**  
Amended  
**2005**  
Reviewed  
**2021**

**POLICY AREA:                      SUNSMART POLICY**

**PREAMBLE:**                      Emmanuel has a shared responsibility with the wider community to provide education and guidance in the promotion of good sunsmart practices in our school. Sun safety should be presented as part of our tropical lifestyle, our culture and good health practice.

**RATIONALE:**                      Queensland has the highest rate of skin cancer in the world. Skin cancer occurs at all ages. It is a well known fact that exposure to the sun during the first 18 years of life is associated with an increased risk of developing melanoma, the most serious form of skin cancer. This means that school students are one of the most “at risk” groups for developing skin cancer. Therefore it is important to try to minimize student exposure to the sun.

**VALUES:**                              Self-respect; dignity; self-discipline, learning, responsibility

**CONSEQUENCES:**                      The school will implement the following strategies:-

1. Timetable outdoor activities to reflect sunsmart practices
2. Develop and implement sunsmart uniform guidelines.
3. Maintain educational input to students, staff and parents on the school’s sun safe policy and practices in the school.
4. Develop and implement a program of sun safe awareness practices for students, staff and parents.
5. Where possible, student involvement in extra curricular activities will conform to school sunsmart policy and guidelines.
6. Staff will be encouraged to demonstrate sunsmart practices as role models for students.
7. Provide educational opportunities to learn sunsmart behaviours through the school curriculum.
8. Guidelines for implementing this policy would be published in the Parent Handbook and the Staff Handbook.

## **GUIDELINES FOR IMPLEMENTATION:**

### **For Timetabling:**

- Where possible, Health and Physical Education will be scheduled outside the hours of 10a.m – 3.00p.m. or in shaded areas during these times.
- Designated eating areas should be under cover
- Every effort will be made to schedule swimming lessons during the first session of the day and sunsafe swimming attire will be recommended. Lessons will be held at an indoor venue, to avoid sun exposure.
- Each class will provide a minimum of SPF 30 (within expiry date) sunscreen which will be well positioned near classroom doors.
- Strategies are in place to encourage children to apply sunscreen 20 minutes before going outdoors and to reapply every 2 hours when outdoors for extended periods
- When trees are planted in the grounds they should be positioned to provide shade for playground equipment or children's game areas or resting areas where appropriate.

### **For Staff:**

- Staff would be required to wear a shady hat or use an umbrella when outdoors
- Staff should regularly discuss the importance of sun safety with students
- Staff will actively supervise the wearing of hats during and after school
- Staff will promote the importance of water consumption and the wearing of sunscreen
- Where possible, staff will schedule outdoor activities during cooler times of the day and year
- Playground supervision should be a mixture of shaded and outdoor duties

### **For Parents:**

- At the time of enrolment, parents should be informed of the school Sunsmart Policy
- A copy of the Sunsmart Policy will be included in the Parent Handbook to encourage parents to support sunsmart practices e.g. use of hats and umbrellas and application of sunscreen for outdoor activities
- The Uniform list will recommend sunsmart swimming togs, swimming shirts or t-shirts, rash vests for swimming lessons.

### **For Students:**

- When students leave classrooms they will be expected to wear their school hat
- Students will be encouraged to develop responsibility for their own sun safety by being made aware of the consequences both at school level (e.g. uniform detention) and at health level (e.g. skin cancer)
- Students will be encouraged to choose appropriate places to play e.g. shady areas and covered areas
- Children will be encouraged to apply sunscreen before school and at playtimes and before HPE lessons

- Students should be encouraged both at home and at school, to wear shirts for swimming lessons

### **Heatwave Guidelines**

These guidelines are to be read as additional information pertaining to Emmanuel Primary School's Sunsmart Policy.

1. On days where *excessive high temperatures* are predicted, the Principal will inform all staff of the need to implement appropriate heatwave management strategies as outlined within the School's Sunsmart Policy.
2. Outdoor Physical Education lessons or activities will be postponed or conducted in appropriate facilities.
3. Lunch time play will be managed appropriately with staff encouraging children to choose appropriate activities.
4. Staff will facilitate and encourage students to have regular drinks.
5. In extreme conditions, normal school routines will be altered and access to air conditioned rooms be made available to students and staff.
6. If a student becomes heat stressed, regular first-aid procedures will apply.
7. Students with special needs will be appropriately supervised, including the monitoring of their hydration.