



SUN SMART STATEMENT



Rationale:

Queensland has the highest rate of skin cancer in the world. Of all new cancers diagnosed in Australia each year, 80% are skin cancer. Given that children in child care are there during peak ultraviolet radiation (UVR) times throughout the day, early childhood settings play a major role in both minimising children's UVR exposure and providing an environment where policies and procedure can positively influence long term behaviour.

Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Research shows that sun burn contributes to skin cancer and other forms of skin damage such as sunspots, blemishes and premature aging. Most skin damage and skin cancer is there for preventable.

Ultraviolet radiation (UVR) levels are highest during the hours that children are at child care settings. As children will spend a proportion of their day out doors, we are committed to protecting them from harmful effects of the sun.

With this in mind, Minden State School realises the need to protect children's skin and educate them about SunSmart behaviour, thus reducing the risk of skin damage from exposure to the sun.

Aims:

Minden State School's policy aims to:

- Provide ongoing education that promotes personal responsibility for skin cancer prevention and early detection.
- Provide environments that support SunSmart practices.
- Create an awareness of the need to reschedule Health and Physical Education classes, sport and outdoor activities to support Sunsmart practices.

Procedure:

Our organisation recognises that winter sun also contributes to skin damage. This policy will therefore be implemented throughout the year. The purpose of this SunSmart policy is to ensure all children attending Minden State School are protected from the harmful effects of the sun throughout the year.

Our commitment:

Minden State School will:

- Inform parents of the SunSmart policy when they enrol their child.
- Increase the amount of shade in the grounds, where possible, by building shelters and planting trees.
- Ensure that, wherever practical, outdoor activities take place before 11am and after 2pm.
- Provide a SunSmart education program for children, and provide parents up to date SunSmart information through newsletters and parent meetings.
- Encourage all staff to act as positive role models for children in all aspects of Sunsmart behaviour by:
 - Wearing broad brimmed hats and appropriate clothing for all the outdoor activities.
 - Using SPF30+ broad-spectrum, water resistant sunscreen
 - Wearing sunsafe shirts when swimming
 - Seeking shade whenever possible
 - Wearing sunglasses that meet the Australian standard (AS/NZS1067:2003)
- Ensure that children not wearing hats play in shaded areas.
- Supply or organise the purchase of communal sunscreen.
- Review the SunSmart policy annually.

Minden State School Staff will:

- Practice SunSmart behaviour, as described above.
- Enforce a 'no hat, play in the Sports Centre or Library' rule.
- Supervise children's application of sunscreen (SPF30+ prior to outdoor activity)
- Direct children to play in shaded areas where possible.

Our expectations:

Parents/carers will:

- Provide a well- fitting broadbrimmed hat for use in all outdoor activities.
- Provide SPF 30+ Broad-spectrum, water-resistant sunscreen for their child's use.
- Provide a sunsafe shirt for swimming.
- Act as positive role models by practicing SunSmart behaviour.

Routine:

- Make SunSmart practices an integral part of the daily routine. Reschedule activities to allow sufficient time to prepare children for outdoor play.
- Educate parents about SunSmart practices so that they ensure that their children have appropriate clothing for outdoor play, and that sunscreen is applied prior to children's arrival. This will cut down on the time required to prepare children for outdoor play.

Hats Don't stay on:

- Ensure that parents are informed when their child's clothing or hat is ill fitting or does not meet the SunSmart requirements. Hats with an elastic adjustable pull strap are recommended for young children to provide a firm fit.
- Very young children should remain in shaded play area at all times.

Resistance from children:

- Enforce a 'no hat, play in the Sports Centre or Library' rule.
- Provide sunsafe education for children



This Statement was endorsed by the Minden State School Parents and Citizens Association.

Considered and accepted by the Principal

A.L. Wilkes

Considered and accepted by Parents & Citizens' Association


Parents & Citizens' Association

Considered and accepted by Student Council