

# Centenary Heights State High School Sun Safety 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.

**Date of commencement:** August 2023

**Review date:** August 2024

ELEMENT	STRATEGIES
<b>Clothing requirements</b>	<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><b>Hats</b></p> <ul style="list-style-type: none"><li>• 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.</li><li>• Our school uniform hats are appropriate broad-brimmed bucket hats.</li><li>• Staff remind students to wear hats during outdoor curriculum lessons and activities, and during lunch breaks.</li><li>• Students who do not have hats will be encouraged to wear sunscreen, play in the shade or an area protected from the sun.</li></ul> <p><b>Swim shirts</b></p> <ul style="list-style-type: none"><li>• 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.</li></ul>
<b>Shade provision and use</b>	Our school maximises the use of available shade for outdoor activities:

ELEMENT	STRATEGIES
	<ul style="list-style-type: none"> <li>• HPE lessons can be rotated on the oval, outdoor courts or in the hall. The Terraces (near the oval) can be used for students seeking shade.</li> <li>• Temporary shade structures can be used as necessary for outdoor events, for example school athletics carnival, cross country carnival and swimming carnival.</li> </ul>
<b>Education</b>	<p>Our school provides educational programs on sun safety and preventative measures through the following strategies:</p> <p><b>Curriculum, teaching and learning</b></p> <ul style="list-style-type: none"> <li>• Staff include the risk of exposure to UVR in their curriculum activity risk assessments for outdoor activities, which includes ensuring that adequate shade is available for outdoor activities where possible, for example, using temporary shade structures.</li> </ul> <p><b>Incidental teaching and promoting sun safe behaviours</b></p> <ul style="list-style-type: none"> <li>• 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.</li> </ul> <p><b>Staff professional development</b></p> <ul style="list-style-type: none"> <li>• Staff are informed about the school's sun safety policy and its requirements on induction.</li> </ul>
<b>Sunscreen provision</b>	<p>Our school recognises the importance of sunscreen use as a sun safe measure and implements the following strategies:</p> <ul style="list-style-type: none"> <li>• The school supplies SPF 30 or higher broad-spectrum, water-resistant sunscreen for student use.</li> <li>• Parents/carers are encouraged to provide sunscreen for their child if they don't wish for their child to use the school's sunscreen.</li> </ul>
<b>Modelling sun safe behaviours</b>	<p>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:</p> <ul style="list-style-type: none"> <li>• Staff are encouraged to consider the use of shade, sun safe hats and clothing, sunglasses and sunscreen when teaching, completing PGD duties, facilitating or supervising outside activities, and when on excursions/camps.</li> <li>• Parents/carers are encouraged to have their children apply sunscreen before they come to school.</li> <li>• Reminders about sun safe behaviours are made on the school's social media account/s.</li> </ul>
<b>Cost considerations</b>	<p>The department provides funding for sun safety using the following strategies:</p> <ul style="list-style-type: none"> <li>• School funding is allocated annually to enable the purchase of sunscreen for each class for the whole school year.</li> </ul>

ELEMENT	STRATEGIES
<b>Additional strategies</b>	Other strategies our school uses to be sun safe include: <ul style="list-style-type: none"> <li>• Sunscreen stations are set up at school carnivals.</li> </ul>

<b>Endorsed by:</b> Blair Sullivan, P&C President Amy Kramer, Staff representative	<b>Approved by:</b> Dan Lindenmayer, Principal <b>Date of approval: Term 3, 2024</b>
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