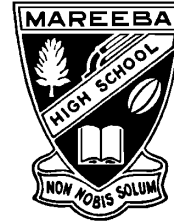


# Mareeba State High School

*"Building a Better Future Together"*



## SUN SMART POLICY

### Rationale

Queensland has the highest rate of skin cancer in the world. Two out of every three Queenslanders will develop some sort of skin cancer in their lifetime. 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. Research shows that severe sunburn is a contributor 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 (UV) levels are highest during the hours that students are at school, and the nature of some curricular activities dictates they take place in the sun. The condition that students of Mareeba State High School are exposed to pose a great concern for their future. With this in mind, Mareeba State High School realises the need to protect students' skin and educate them about Sun Smart behaviour, thus reducing the risk of skin damage from exposure from the sun.

### Aims

The policy aims to:

- Promote the wearing of broadbrim school hats for outdoor activities, camps, etc.
- Provide ongoing education that promotes personal responsibility for skin cancer prevention and early detection.
- Provide environments that support Sun Smart practices.
- Create an awareness of the need to reschedule work commitments and outdoor activities to support Sun Smart practices.

### Practices

Our school recognises that winter sun also contributes to skin damage. The implementation of this policy will therefore be conducted throughout the year.

The purpose of this Sun Smart policy is to ensure that all students attending our school are protected from the harmful effects of the sun throughout the year.

### Our Commitment

Mareeba State High School will:

- Inform parents of the school's Sun Smart policy on enrolment
- Include the Sun Smart policy statement in the School Prospectus
- Increase the amount of shade in the school grounds, where possible, by building shelters and planting trees
- Incorporate education programs that focus on skin cancer prevention and early detection into the school curriculum
- Encourage staff and volunteers to act as positive role models of Sun Safe behaviour
- Seek ongoing support from parents and the school community for the Sun Smart policy and its implementation, through newsletters, parent meetings etc.
- Enforce students and staff to wear hats with brims that protect the face, neck and ears and SPF 30+, broad-spectrum, water resistant sunscreen, when school involved in outdoor activities.
- Require students to have broad-brim school hats when involved in organised outdoor activities.
- Enforce students without adequate sun protection to use shaded or covered areas at recess, lunch times and sporting carnivals.
- Review the school dress code to conform with the Queensland Cancer Fund Sun Smart clothing guidelines.
- Encourage students to wear a Sun Smart swimsuit or shirts for swimming and SPF 30+, broad-spectrum, water resistant sunscreen
- Ensure that, wherever practicable, outdoor activities take place before 11:00am or after 2:00pm.

### NOTE:

1. Staff will receive professional development regarding this policy.
2. This Policy will be reviewed annually.

### Endorsed:

P & C Meeting  
13 October 2009

SLT Meeting  
10 November 2009