

CLIFFORD PARK SPECIAL SCHOOL



Sun Safety Guidelines

Skin damage, including skin cancer is the result of cumulative exposure to the sun. Most skin damage and skin cancer is therefore preventable.

Recognising that Ultraviolet Radiation levels are highest during school hours, Clifford Special School realises the need to protect children's skin and educate them about sun safe behaviour, thereby reducing the risk.

The purpose of these guidelines is to ensure that all children, parents and staff at Clifford Park Special School are aware of the dangers of excess sun exposure, use the appropriate sun safety measures made available to them during their time at school and are protected from exposure to the harmful effects of the sun. This policy will apply throughout the year.

Objectives

- To provide ongoing education that develops sun safe behaviour.
- To provide an environment that supports sun safe behaviour.
- To create an awareness of the need to schedule outdoor activities to incorporate sun safe practices.

Guidelines for School Staff

School staff will be encouraged to:

- Inform parents of the school's Sun Safety Guidelines when they enrol their child.
- Include the Sun Safety Guidelines in the Staff Induction booklet and ensure new, part-time and casual staff are aware of the document.
- Increase the amount of shade in the school grounds by building shelters and planting trees where possible.
- Incorporate education programs that focus on sun protection into the school curriculum.
- Encourage all teachers and staff as well as volunteers to act as positive role models for children in all aspects of sun safe behaviour.
- Seek ongoing support from parents and the school community for the sun safety guidelines and its implementation through newsletter items, parent meetings, health promotion activities etc.
- Ensure that all students and staff wear hats that protect the face, neck and ears and SPF 50+ broad spectrum, water-resistant sunscreen applied when involved in outdoor activities.
- For events such as sport days, adequate shade areas must be provided; students must wear hats and sunscreen and meal breaks are taken under covered areas
- Review the school uniform to ensure it includes all the elements of sun safe clothing.
- Ensure that whenever practicable outdoor activities take place before 10am or under covered areas.
- Review the Sun Safety Guidelines annually.
- Highlight to parents and carers the need for sun safety via information on sun protection strategies in the school newsletter and signage around the school.

Guidelines for Parents

Parents/carers will be encouraged to:

- Supply a suitable hat for their child to be worn at school and ensure that they wear it to and from school. (The Queensland Cancer fund recommends an 8-10cm broad-brimmed or legionnaire style hat)
- Apply SPF 50+ sunscreen to their child before leaving for school .
- Supply sunscreen at school if their child has a skin allergy or sensitivity to any sunscreen preparations.
- Ensure their child is dressed in clothing, which provides adequate protection from UVR. (The Queensland Cancer Fund recommends dark coloured clothing with collar and sleeves, closely woven fabric and natural fibres).
- Act as positive role models by practising sun safe behaviour.
- Support the school's Sun Safety Guidelines and help to regularly assess and update the policy.

Guidelines for Students

Students will be encouraged to:

- Learn to take responsibility for sun safety at an appropriate developmental level.
- Follow sun safe rules by wearing suitable hats, sunscreen and appropriate clothing.
- Wear sun safe hats for all outings.
- Not share hats.
- Apply or have applied SPF 50+ broad spectrum, water resistant sunscreen before going outdoors.
- Use shaded or covered areas to play during the hottest times of the day.
- Wear sunscreen, a brimmed cap under a helmet, sleeves and collared shirts for activities such as bike riding.
- Act as positive role models for other students.
- Participate in sun safety educational programs.