

## Aspley State School's 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.

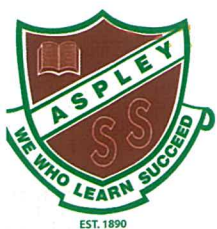
In implementing this policy, our school and community recognise that:

- 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:** 29/11/24

**Review date:** 29/11/25

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, ensuring they have applied sunscreen to uncovered skin (ideally 20 minutes) prior to participating.</li> <li>• Our school uniform hats are either broad-brimmed, bucket and/or legionnaire hats.</li> <li>• Staff remind students to wear hats before and during lunch breaks, and to and from outdoor activities.</li> <li>• Students who do not have hats will 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>	<p>Our school maximises the use of available shade for outdoor activities:</p> <ul style="list-style-type: none"> <li>• Sports activities are rotated during the week between the hall and the oval.</li> <li>• Temporary shade structures are used as necessary for outdoor events, for example, Under 8s Day, Sports Day, Grandparent's Day, Science Fair and Welcome to Prep Day.</li> <li>• Scheduling of outdoor activities – whenever practical, outdoor activities are scheduled to minimise time outdoors during periods when the UV is high to extreme (UV 6 or above)</li> <li>• Daily local sun protection times – to assist with implementation of this policy, employees are encouraged to check daily local sun protection times by using the SunSmart widget, the SunSmart Global UV app, or visiting <a href="http://myUV.com.au">myUV.com.au</a> or the Bureau of Meteorology website.</li> <li>• UV3+ - sun protection measures listed are to be used for all outdoor activities when the UV index is 3 or above. In Queensland, this is all year around.</li> </ul>
<b>Education</b>	<p>Our school provides educational programs on sun safety and preventative measures through the</p>

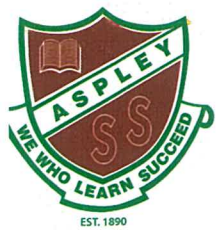


# ASPLEY STATE SCHOOL

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	<p>following strategies:</p> <p><b>Curriculum, teaching and learning</b></p> <ul style="list-style-type: none"> <li>• Sun safety is formally taught as part of the implementation of the Australian Curriculum through Health and Physical Education.</li> <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> <li>• Daily local sun protection times – to assist with implementation of this policy, employees are encouraged to check daily local sun protection times by using the SunSmart widget, the SunSmart Global UV app, or visiting myUV.com.au or the Bureau of Meteorology website.</li> <li>• UV3+ - sun protection measures listed are enacted, for outdoor activities when the UV index is 3 or above. In Queensland, this is all year around.</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,               <ul style="list-style-type: none"> <li>○ SLIP – wear covering clothing;</li> <li>○ SLOP - apply sunscreen;</li> <li>○ SLAP - wear a sun protective hat;</li> <li>○ SLIDE – if practical, slide on sunglasses when outside; and,</li> <li>○ SEEK - seek shade whenever possible.</li> </ul> </li> <li>• SPF50 or SPF50+ broad-spectrum, water-resistant sunscreen made available OR encourage children to supply their own.</li> <li>• As recommended, reapply every 2 hours when outdoors for extended periods, or immediately after swimming, sweating or towel drying.</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> <li>• Teachers and staff are encouraged to complete Cancer Council’s free online learning modules (Generation SunSmart)</li> <li>•</li> </ul>
<p><b>Sunscreen provision</b></p>	<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>• Parents/carers are encouraged through social media and newsletter items to have their children apply sunscreen before school.</li> </ul>
<p><b>Modelling sun safe behaviours</b></p>	<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 and P&amp;C members are encouraged to consider the use of shade, sun safe hats and clothing, sunglasses and sunscreen when doing their duties, running outside activities, and when on excursions/camps.</li> <li>• Variety of shade provided (i.e., built, natural and portable) in all areas where children congregate including areas for lunch, outdoor teaching and sport</li> <li>• Conduct regular shade assessments to determine future needs</li> <li>• Parents/carers are encouraged to have their children apply sunscreen before they come to school and provide personal sunscreen for their children to use at school.</li> </ul>
<p><b>Additional strategies</b></p>	<p>Aspley State School P &amp; C Association supplies school uniforms to the Aspley State School community. Through the procurement and provision of these uniforms they will:</p> <ul style="list-style-type: none"> <li>• Utilise fabric recommended to have a UPF Rating of 50 or higher to meet the <i>Sun Protective Clothing Standard AS/NZs4399:2017</i> Australian Standards.</li> <li>• Work with the school Principal to support a school dress code that incorporates</li> </ul>



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	<p>clothing that covers as much skin as possible, is functional and allows ventilation to keep the body cool.</p> <p>School community seeks support through grant / community/ school funds for the replacement and additional sun safety structures.</p>

<p><b>Endorsed by:</b></p> <p>P&amp;C President <u><i>KO</i> Kirsten O'Connor</u></p> <p>Staff representative <u><i>JG</i> Jenny Gross</u></p>	<p><b>Approved by:</b></p> <p>Principal <u><i>Carl Bull</i></u></p> <p>Date of approval: <u>02.12.2024</u></p>
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