



HONOUR BEFORE HONOURS



Mackenzie

STATE PRIMARY SCHOOL

Sun Safety Policy

Rationale

At Mackenzie State School, we know year-round sun protection is important for all children and staff as research shows that Queensland has the highest rate of skin cancer in the world. Ultraviolet (UV) damage, from exposure to the sun, can accumulate over time and increase the risk of skin cancer later in life.

It is our aim, here at Mackenzie, to educate our students about being sun safe. By implementing effective sun protection practices from an early age, we can help children to develop an important life-long healthy habit and reinforce sun safety practices.

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: October 2024

Review date: October 2027

Strategies

Element	Strategy
Clothing requirements	<p>Students are required to wear sun-safe clothing to protect them from and reduce exposure to the UV from the sun. These requirements pertain to the duration of outdoor activities during the school day and during school-related activities (e.g. excursions/camps). This includes:</p> <p>Hats</p> <ul style="list-style-type: none">• Students are required to wear wide brim hat when outdoors – our school uniform hat is wide brim• Staff remind students to wear hats before and during lunch breaks, during outdoor activities (PE) and to and from activities that involve exposure to the sun <p>Uniforms</p> <ul style="list-style-type: none">• Students are required to wear the school uniform – school polo shirts are collared and covers shoulders and elbow-length sleeves, longer style dresses and shorts, and long pants. <p>Swim shirts</p> <ul style="list-style-type: none">• 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
SunSmart Program	<p>Slip, Slop, Slap, Seek, Slide is a sun protection campaign by the Cancer Council's SunSmart program. It encourages people to take the following steps to reduce sun exposure and prevent sunburn and skin cancer:</p> <ul style="list-style-type: none">• Slip: Wear clothing that covers as much skin as possible.

	<ul style="list-style-type: none"> • Slop: Apply broad-spectrum, water-resistant SPF30+ sunscreen. Apply sunscreen 20 minutes before going outdoors. Then reapply every 2 hours when outdoors for extended periods of time. <i>Please note</i>, as of August 1st 2024, Cancer Council now recommends Australians use SPF50 or SPF50+, broad-spectrum, water-resistant sunscreen. • Slap: Put on a hat that protects your face, head, neck, and ears. • Seek: Find shade when UV levels are high. • Slide: Wear wraparound sunglasses to protect your eyes from UV rays. Children encouraged to wear close-fitting, wrap-around sunglasses that meet the Australian Standard AS1067 (Sunglasses: Category 2,3 or 4) and cover as much of the eye area as possible.
Compliance	If procedures and consequences of non-compliances (e.g. “no hat, no play or students must play in the Undercover area in the shade”)
Procedures	<p>Daily local sun protection times</p> <ul style="list-style-type: none"> • Employees should be encouraged to access daily local sun protection times (e.g. through SunSmart or BOM Weather App) to assist with implementation of policy. In Queensland, the policy is to be implemented all year around. <p>Sun Protection UV3+</p> <ul style="list-style-type: none"> • Sun protection measures listed are to be used for all outdoor activities when UV is 3+. In Queensland, this is all year around. <p>Limit time outside during 10am-3pm</p> <ul style="list-style-type: none"> • When possible, outdoor activities should be limited between 10am-3pm.
Shade provision and use	<p>Our school maximises the use of available shade for outdoor activities:</p> <p>Shade</p> <ul style="list-style-type: none"> • Shaded play areas are provided to students (e.g. shade sails on playgrounds, undercover play, indoor options) • Temporary shade structures (e.g. gazebos) are used as necessary for outdoor events (e.g. Sports Day) • Seek Shade: Conduct regular shade assessments to determine future needs.
Education	<p>Our school provides educational programs on sun safety and preventative measures through the following strategies:</p> <p>Curriculum, teaching and learning</p> <ul style="list-style-type: none"> • Sun safety is formally taught as part of the implementation of the Australian Curriculum through Health and Physical Education • The risk of exposure to UV is included in curriculum activity risk assessments for outdoor activities, which includes ensuring that adequate shade is available for outdoor activities where possible <p>Incidental teaching and promoting sun safe behaviours</p> <ul style="list-style-type: none"> • Teaching of personal sun safety strategies occurs in all year levels as part of the school routine through reminders to students to wear hats and apply sunscreen when outdoors

Sunscreen provision	<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"> • The school supplies students and staff with SPF 30 or higher broad-spectrum, water-resistant sunscreen • Parents/carers are encouraged to provide sunscreen for their child if they do not wish their child to use the provided sunscreen at school
Modelling sun safe behaviours	<p>Our school promotes the encouragement of sun-safe practices by having teachers and staff, parents/carers, volunteers and other adult supervisors model the use of the following strategies:</p> <ul style="list-style-type: none"> • Staff are encouraged to consider the use of shade, sun safe hats and clothing when performing their duties, supervising/running outdoor activities and when on excursions/camps • 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

Endorsement

<p>Endorsed by:</p>  <hr/> <p>Sarah Smith P&C President</p>	<p>Approved by:</p>  <hr/> <p>Gina Bryant Mackenzie State School Principal Date of Approval: 17 October 2024</p>
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