

# Sun Safety Strategy

*Inspiring Great Minds*



Queensland Academy  
for Science Mathematics  
and Technology





## 1. RATIONALE

Queensland has the highest rate of skin cancer in the world. Of all new cancers diagnosed in Australia each year, 80% are skin cancers. Given that students are at school during peak ultraviolet radiation (UVR) times throughout the day, schools play an important role in both minimising student's UVR exposure and providing an environment where policies and procedures can positively influence student behaviour.

Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Research shows that severe sunburn contributes 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 (UVR) levels are highest during the middle of the day. As children will spend a portion of their day outdoors, we are committed to protecting them from the harmful effects of the sun.

With this in mind, QASMT realises the need to help children understand the importance of properly protecting their skin, develop processes to help students demonstrate sun safe behaviour, and educate them about sun safety, thus reducing the risk of skin damage from exposure to the sun.

## 2. SCHOOL COMMUNITY BELIEFS ABOUT THE IMPORTANCE OF BEING SUN SAFE

It is important that students, staff, parents and caregivers have a shared understanding of the importance of sun safety. The Academy:

- Follows the Department of Education and Training guidelines in relation to Sun Safety in Secondary Schools
- Believes that a number of strategies should be used to reduce the risk of sun exposure, and educate students as to the risks of sun damage

## 3. RESPONSIBILITIES

### Students should

- Be aware of the school's Sun Safety Strategy
- Use shaded or covered areas when outdoors when applicable and possible
- Take responsibility for their own health and safety by being sun safe
- Act as positive role models for other students in all aspects of sun safety
- Wear the school hat always as per uniform policy (compulsory for Years 7-11, highly recommended for Year 12)
- Wearing the school cap when in Active Wear uniform



### Parents/Caregivers should

- Encourage their student to wear appropriate sun safe clothing to and from school
- Ensure their student has the required uniform including the school hat and cap
- Speak to their student about the importance of sun safe behaviour and strategies

### QASMT will

- Inform students and parents/caregivers of the school's Sun Safety Strategy
- Ensure there is adequate shade in the school grounds
- Incorporate education programs that focus on skin cancer prevention into the school curriculum
- Ensure all teachers and staff to act as positive role models of sun safe behaviour
- Seek ongoing support from parents/caregivers and the school community for the Sun Safety Strategy and its implementation, through newsletters, parent meetings etc.
- Ensure students and staff wear hats that protect the face, neck and ears, and SPF 30+ broad spectrum, water-resistant sunscreen
- Encourage students without adequate sun protection to use shaded or covered areas at recess and lunch times
- Endeavour to provide shade at sporting carnivals and other outdoor events
- Consider new approaches in sun safety as they evolve.

## 4. HATS

All students in Years 7-12 must wear the formal school hat at all times whilst outside. For Physical Health and Education (PHE), sports training and sporting events, students must wear the school sports cap.

## 5. SUNSCREEN

Students and staff have access to 30+ sunscreen at various locations around the school including the house areas and student precinct. PHE staff and staff accompanying students to sporting events will also take sunscreen with them which students can use at any time.

## 6. SUN SAFETY EDUCATION

Students will be educated on sun safe behaviour as part of Years 7-9 Physical Health Education classes, as well as in Year 10-12 Wellbeing days.

*Reviewed - November 2020*