



Strive for Success



Milman State School

Sun Protection Policy

"Australia has the highest rate of skin cancer in the world.

Currently two out of three Australians develop some form of skin cancer in their lifetime.

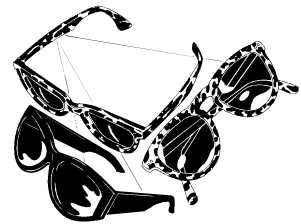
Exposure to the sun's ultraviolet radiation during childhood and adolescence is the major cause of skin cancer in later life.

Skin cancer is preventable. Sun protection during childhood and adolescence means life-long reduced risk."

Australian Cancer Society

Preamble:

Milman State School is located approximately 40 km north of Rockhampton. Subsequently, temperatures and weather patterns are an important consideration when scheduling all outdoor activities to protect our school community members from exposure to the sun's ultraviolet radiation and the possibility of skin cancer.



At Milman, the school community is aiming to continue Sun Smart behaviour through the total "sun smart" hat rule and the encouragement of Sun Smart procedures across the school campus, from Prep to Year seven, as well as for staff and parents associated with the school.

This Sun Protection Policy was reviewed in August, 2012.

Policy Aims:

- ☞ To improve existing school community awareness of Sun Smart behaviours, creating a health promoting school
- ☞ To develop positive life-long habits within students towards sun protection
- ☞ To ensure sun protection factors are integral to all planning of outdoor events

<u>FOCUS</u>	<u>STRATEGIES</u>	<u>OUTCOMES</u>
Sunsafe Hats		
<ul style="list-style-type: none"> ☞ All students must wear a broad brimmed or legionnaire hat during outdoor activities 	<ul style="list-style-type: none"> ☞ Compliant hat is part of school uniform policy ☞ P&C investigates new Sun Safe hat alternatives as they become available ☞ Extra hats are kept in the classrooms and office for student/staff use ☞ Community members are encouraged to wear hats during school events eg. working bees 	<ul style="list-style-type: none"> ☞ All students, staff and community members wear Sun Smart hats during all outdoor activities ☞ Compliant hats are provided to students without Sun Smart hats until the parent is able to purchase a suitable hat eg. new students
Sunscreen		
<ul style="list-style-type: none"> ☞ Sunscreen is readily available for all community members during school activities ☞ Students are encouraged to bring sunscreen from home if they have allergies to school supplied variety 	<ul style="list-style-type: none"> ☞ School purchases sunscreen annually with a high SPF rating ☞ Sunscreen is located in classrooms, the tuck shop and first aid kits for easy access ☞ Sunscreen accompanies students along with first aid kits on all excursions, sporting activities etc. ☞ A staff member is assigned to monitor sunscreen application on students during sports days, day long events outdoors and other high risk events 	<ul style="list-style-type: none"> ☞ Students and community members are actively encouraged to wear sunscreen before and during all outdoor activities ☞ Students unable to apply standard school sunscreen are encouraged to supply their own from home
Uniform/Clothing		
<ul style="list-style-type: none"> ☞ Uniforms are Sun Smart 	<ul style="list-style-type: none"> ☞ Sports/day uniform is made from sun protective material and has a collar and elbow-length sleeves ☞ During swimming terms students engage in indoor swimming lessons 	<ul style="list-style-type: none"> ☞ Uniforms offer protection from the sun and are cool
Shade		
<ul style="list-style-type: none"> ☞ Shade areas are available and utilised 	<ul style="list-style-type: none"> ☞ Students eat and assemble under covered areas ☞ Students are encouraged to play in cool, shaded areas e.g. under trees, under buildings ☞ Students are encouraged to use covered links between buildings 	<ul style="list-style-type: none"> ☞ Students and staff are actively encouraged to use shade

Scheduling of Activities		
<ul style="list-style-type: none"> ☞ When possible activities are scheduled to occur in Sun Smart locations and times 	<ul style="list-style-type: none"> ☞ Sporting/Outdoor activities are scheduled out of peak UV times, where practical ☞ Lunch hours are conducted in safer times of day e.g. longer first break from 11.00-11.45 ☞ Sports are conducted within the shade areas when possible 	<ul style="list-style-type: none"> ☞ Activities are planned to minimise sun exposure for staff and students
Curriculum, Teaching and Learning		
<ul style="list-style-type: none"> ☞ Sun Smart education is an active component of classroom instruction 	<ul style="list-style-type: none"> ☞ All classes revisit Sun Safe message at least annually through health and PE lessons ☞ Whole school reinforcement occurs on parade and through school's Code of Conduct 	<ul style="list-style-type: none"> ☞ Sun Smart message is reinforced through class activities and school Code of Conduct ☞ Teachers monitor students without hats and make contact with parents ☞ Students without correct Sunsmart hats have consequences applied: <ul style="list-style-type: none"> ☞ Letter or phone call home ☞ Miss out on play ☞ Limit on outdoor activities
Promotion of Sun Smart		
<ul style="list-style-type: none"> ☞ Sun Smart message is promoted to the community 	<ul style="list-style-type: none"> ☞ Newsletters contain reminders about Sun Smart practices ☞ Parades are used to reinforce school Sun Smart procedures 	<ul style="list-style-type: none"> ☞ Sun Smart message is promoted to whole school community
Dehydration Prevention		
<ul style="list-style-type: none"> ☞ Dehydration is prevented during hot weather. 	<ul style="list-style-type: none"> ☞ Children are permitted to bring <u>water</u> bottles into classrooms ☞ Cooled water is taken to sporting ventures ☞ Children are encouraged to drink water during hot weather 	<ul style="list-style-type: none"> ☞ Water is consumed to prevent dehydration

Review Plans

This policy will be reviewed incidentally during staff meetings and P&C meetings as issues arise.

A major review of our Sun Protection Policy will occur in two years' time (2014). The Principal and staff will be responsible for completing the review.

BY THE END OF 2012 MILMAN STATE SCHOOL SHOULD BE RECOGNISED AS A SUNSMART SCHOOL BY THE QLD CANCER FOUNDATION IF THIS POLICY IS FULLY IMPLEMENTED.

Policy endorsed by: P & C Committee August, 2012

Other Facts and Notes about Our Duty of Care to Students

- ☞ Australia is now internationally recognised as the melanoma capital of the world, with sun damage in the early years of childhood creating the foundations for skin cancer later in life
 - ☞ If schools neglect to take reasonable precautions to prevent foreseeable injuries such as sunstroke, sunburn and skin cancer, and fail to enforce sensible rules about hats and sunglasses, we can expect to be sued in an era of increasing litigation by not acting on our 'duty of care' to the students in our care. (Keith Tronc, 1997)
 - ☞ It is possible for 100% of staff, students and community members to meet the requirements of this policy if we are serious about sun safety
 - ☞ Teachers in our school insist students have a hat on their head before they go out to play or partake in any outdoor activities. This is our school's preferred policy and a useful strategy to achieve 100% compliance.
 - ☞ You will receive the note (shown below) if your child has not been complying with this Sun Smart Policy by not bringing or wearing their hat.
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Date:

HAT REMINDER NOTE

At Milman State School we expect students to wear a Sunsmart hat (hat with broad brim) every day.

Your student: _____

- has not been wearing his/her hat
- has not been bringing his/her hat

Not wearing a hat at school results in missed play and limited access to outside activities.

Your support at home would be appreciated.

Shirley Francis
Principal



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