



Fernbrooke State School Sun Safety Policy 2022 - 2025

Rationale

Year-round sun protection is important for all children and young people in Queensland. Research demonstrates that high ultraviolet radiation (UVR) exposure in childhood and adolescence significantly increases the risk of developing skin cancer.

At Fernbrooke State School, we aim 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.


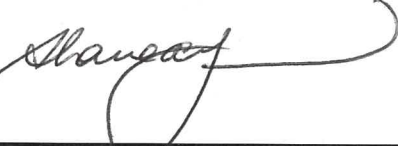

Date of commencement: February 2022 **Edited date:** July 2023

Review date: November 2025

ELEMENT	STRATEGIES
Clothing requirements	<p>Fernbrooke State School 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>Hats</p> <ul style="list-style-type: none"> • 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. • Our school uniform hats are broad-brimmed, bucket hats identifying the student's sports house and with the school's logo. • Staff remind students to wear hats before and during lunch breaks, and to and from outdoor activities. • Students who do not have hats will play in the shade or an area protected from the sun. <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. <p>Sunglasses</p> <ul style="list-style-type: none"> • Where practical, we encourage students to wear close-fitting, wrap-around sunglasses that meet the Australian Standard AS1067 when outdoors. <p>Uniform</p> <ul style="list-style-type: none"> • Long-sleeved polo uniform shirts are stocked for sale and an option for parents to purchase in lieu of short-sleeved uniform shirts.

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Shade provision and use	Fernbrooke State School maximises the use of available shade for outdoor activities: <ul style="list-style-type: none"> • Sports activities are rotated during the week between the hall, undercover areas and the oval. • Temporary shade structures are used as necessary for outdoor events, for example Athletics Carnivals, Cross Country Carnivals, GALA Sports Days, etc.
Education	Fernbrooke State School provides educational programs on sun safety and preventative measures through the following strategies: <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. • 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. <p>Incidental teaching and promoting sun safe behaviours</p> <ul style="list-style-type: none"> • Incidental teaching of personal sun safety strategies occurs in all year levels as part of the school routine on a regular basis, for example, through reminders to students to wear hats and apply sunscreen. <p>Staff professional development</p> <ul style="list-style-type: none"> • Staff are informed about the school’s sun safety policy and its requirements on induction.
School camp	Fernbrooke state School recognises that students need to wear appropriate, sun safe clothing and practice sun safe behaviours while on school camp: <p>Students</p> <ul style="list-style-type: none"> • Parents/ carers are supported with a recommended clothing list for camp which clearly encourages the use of sun safe appropriate clothing features like collared shirts, long sleeves, UV swim shirts, etc. • The school supplies SPF 30 or higher broad-spectrum, water-resistant sunscreen for student use while on camp. • Parents/carers are encouraged to provide sunscreen for their child if they don’t wish their child to use the school’s sunscreen. • Outdoor activities are conducted in shaded areas or indoors where possible. • The wearing of a broad-brimmed hat is required at all times when outdoors. <p>Staff</p> <ul style="list-style-type: none"> • Staff are required to role model sun safe behaviour at all times while on camp through their clothing choices, wearing of a broad-brimmed hat and regular application of sunscreen. • Staff regularly monitor student sun safe behaviours and provide time during the day for these to be conducted e.g. application of sunscreen 20 minutes prior to an outdoor activity.
Sunscreen provision	Fernbrooke State School recognises the importance of sunscreen use as a sun safe measure and implements the following strategies: <ul style="list-style-type: none"> • The school supplies SPF 50 broad-spectrum, water-resistant sunscreen for student use. Strategies are in place to encourage children to apply sunscreen 20 minutes before

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	<p>going outdoors and to reapply every 2 hours when outdoors for extended periods of time e.g. play breaks, carnivals, sporting events.</p> <ul style="list-style-type: none"> • Parents/carers are encouraged through social media and newsletter items to have their children apply sunscreen before school. • Parents/carers are encouraged to provide sunscreen for their child if they don't wish their child to use the school's sunscreen.
Modelling sun safe behaviours	<p>Fernbrooke State 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"> • Staff and P&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. • 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.
Additional strategies	<p>Other strategies that Fernbrooke State School uses to be sun safe include:</p> <ul style="list-style-type: none"> • Outdoor activities are minimized between 10am-3pm where possible. • Sunscreen stations are set up at sports days and other outdoor school events such as camp. • Parents/ carers are encouraged to apply sunscreen to the child/ren at home prior to an excursion commencing in addition to the school providing sunscreen while on excursion for re-application throughout the day.

<p>Endorsed by:</p> <p>Mr. Patrick Browning P&C President – Fernbrooke State School</p> <p>Signed: </p> <p>Mr. Shane Hancock Deputy Principal – Fernbrooke State School WH&S Committee Representative</p> <p>Signed: </p>	<p>Approved by:</p> <p>Mrs. Theresa Parker Principal – Fernbrooke State School</p> <p>Signed: </p> <p>Date of approval: 12th July 2023</p>
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