Frenchville State School
Sun Protection Policy

Preamble:
In November 2004 Frenchville State School applied to become a National Sunsmart School. The questionnaire was completed but the application was rejected because the Sunsmart policy was not included with the application and further shade development was set to occur.

In November 2005 we were again approached by Val Wex, Prevention and Early Detection Coordinator for Central Queensland Region and asked to resubmit our application.

This Sun Protection Policy was written in December 2005.

“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
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

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<th>FOCUS</th>
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| **Sunsafe Hats** | - All students must wear a broad brimmed or legionnaire hat during outdoor activities | - Legionnaire or broad brimmed 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 | - 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** | - Sunscreen is readily available for all community members during school activities  
- Students are encouraged to bring sunscreen from home for school use | - School purchases sunscreen annually with a SPF rating of 30+ for set outdoor days eg. sports day, swim carnival  
- Sunscreen is located in first aid kits for easy access  
- Students are given time to apply sunscreen before outdoor activities  
- 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 | - Students and community members are actively encouraged to wear sunscreen before and during all outdoor activities  
- Students are actively encouraged to bring sunscreen from home for school use.  
- Students unable to apply standard school sunscreen are encouraged to supply their own from home |
| **Uniform/Clothing** | - Uniforms are Sun Smart | - Sports/day uniform is made from sun protective material and has a collar and elbow-length sleeves  
- During swimming terms students are encouraged to wear UV suits or shirts over togs and indoor pools are used where possible. | - Uniforms offer protection from the sun and are cool |
| **Shade** | - Shade areas are available and utilised | - Students eat and assemble under covered and sail areas  
- Students are encouraged to play in cool, shaded areas eg. under trees, under buildings  
- Students are encouraged to use covered links between buildings | - Students and staff are actively encouraged to use shade |
## Scheduling of Activities

- When possible activities are scheduled to occur in Sun Smart locations and times
- Sporting/Outdoor activities are scheduled out of peak UV times (10am – 3.00pm) where possible
- Lunch hours are conducted in safer times of day, within the constraints of the split lunch break
- Sports are conducted within the shade areas when possible, especially the school activity centre
- Activities are planned to minimise sun exposure for staff and students

## Curriculum, Teaching and Learning

- Sun Smart education is an active component of classroom instruction
- All classes revisit Sun Safe message at least annually through health and PE, Life Ed Van and resource kits in library eg. Slip, Slop, Slap Skin Care Kit
- Whole school reinforcement occurs on parade and through school’s Code of Conduct
- 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:
  - Letter or phone call home
  - Miss out on play
  - Limit on outdoor activities

## Promotion of Sun Smart

- Sun Smart message is promoted to the community
- Newsletters contain reminders about Sun Smart practices
- Parades are used to reinforce school Sun Smart procedures
- Sun Smart message is promoted to whole school community

## Dehydration Prevention

- Dehydration is prevented during hot weather.
- Children are permitted to bring water bottles into classrooms or access taps during class times depending on weather conditions
- Cooled water is taken to sporting ventures
- Children are encouraged to drink water during hot weather
- 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 (2007). The Health and PE teacher of the school will be responsible for initiating relevant reviews.

**BY THE END OF 2006 FRENCHVILLE STATE SCHOOL SHOULD BE RECOGNISED AS A SUNSMART SCHOOL BY THE QLD CANCER FUND IF THIS POLICY IS FULLY IMPLEMENTED.**

*Policy endorsed by: Leisa Neaton, Frenchville Principal*  
Frenchville School Council
Other Facts and Notes About Our Duty of Care to Students

澳大利亚国际上被公认为是黑色素瘤的首都，阳光伤害在童年时期形成的基础导致未来皮肤癌。

如果学校不采取合理的预防措施来防止可预见的伤害，如中暑、晒伤和皮肤癌，并且不执行关于帽子和太阳镜的合理规定，我们可以在越来越重视诉讼的时代中被起诉，因为我们没有尽到对学生的‘护理责任’。(Keith Tronc, 1997)

有可能100%的工作人员、学生和社区成员满足这个政策的要求，如果我们认真对待阳光安全。

一些学生带帽子去学校，但不戴，因为他们会在遮蔽的地方玩耍。这并不能阻止阳光的接触，这些孩子在去这些遮蔽的区域时。

一些老师在学生离开教室去吃午餐时要求他们把帽子戴在头上。这是我们学校的首选政策，也是实现100%遵守的一个有效策略。

一些学生在包里放帽子，常常不知道父母，然后在上学前和放学后试图把它们戴在头上作为一种时尚。这些学生将会被要求摘掉帽子。这使得我们能够向其他学生发送一个明确的信息，即阳光安全比时尚更重要。

如果他们的孩子没有遵守这个‘阳光智能’政策，家长将会被联系。

我们仍然想要在‘更广泛应用’的阳光智能实践方面进行改进。当孩子们在周末带着晒伤的脸或水泡回来时，教师感到很痛苦，因为他们没有在学校之外的时间应用他们所知道的防晒知识。家长的鼓励和提醒可以帮助解决这个问题。

100%的法国维尔学生在2005年结束学校时扔掉了他们的阳光智能帽子来庆祝。晨间公报9/12/05。

100% of the Frenchville students in this photo threw their sunsmart hats in the air to celebrate the end of school 2005. Morning Bulletin 9/12/05.