

Dalby State High School

Sun Safety Policy



Rationale

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

Dalby State High School aims 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, Dalby SHS 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: Phasing in period Semester 1, 2022 with full transition by 11th July, 2022

Review date: December 2022

ELEMENT	STRATEGIES
<p>Clothing requirements</p>	<p>Students are required to wear protective clothing, including Dalby SHS broad-brimmed 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"> • All students are required to wear a Dalby SHS broad-brimmed hat whenever they are in the sun. 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. Representative Sporting Teams and Sporting Excellence students may wear the white Dalby SHS cap whilst training or competing. • Dalby SHS school uniform hats are appropriate broad-brimmed hats with the school embroidery. • Staff are to remind students to wear hats before and during lunch breaks, and to and from outdoor activities. • Staff will direct students who do not have hats to the shade or an area protected from the sun. • Spare clean Dalby SHS broad-brimmed hats are available for students to borrow from the Dalby SHS Uniform Exchange if they forget their hat.

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	<ul style="list-style-type: none"> • Students studying Agricultural subjects in Senior Secondary are permitted to wear an Akubra, or appropriate broad-brimmed hat, for their scheduled agriculture lessons only. • On excursions, camps or free dress days students will be required to wear an appropriate broad-brimmed hat. <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.
Shade provision and use	<p>Dalby SHS maximises the use of available shade for outdoor activities:</p> <ul style="list-style-type: none"> • Temporary shade structures are used as necessary for outdoor events, for example, Sports Days.
Education	<p>Dalby SHS 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 in years 7, 8 and 9 Health and Physical Education lessons. • Staff include the risk of exposure to UVR in their curriculum activity risk assessments (CARA) 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.
Sunscreen provision	<p>Dalby SHS 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 SPF 30 or higher broad-spectrum, water-resistant sunscreen for student use on uncovered areas of the skin, such as the face and the back of the hands, for all outdoor activities. This sunscreen is available in all staffrooms and at the school tuckshop. • 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>Dalby SHS promotes the importance of parents/carers, teachers, ancillary staff, volunteers and other adult supervisors as role models for students using the following strategies:</p>

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	<ul style="list-style-type: none"> • Staff play a significant role by reinforcing sun safety precautions, eg wearing of appropriate broad-brimmed hats, appropriate time and place of activities and provision of sunscreen where appropriate. • The P & C Association plays a significant role through working with the school to establish a sun-safe environment, supporting the provision of sunscreen through the tuckshop, working with the school to develop sun-safe uniforms. 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. • The school plays a significant role in developing expectations regarding the wearing of appropriate uniform items, ensuring that sunscreen is provided, timing activities where possible to reinforce sun safety considerations and working with the P & C Association to develop a sun safe school environment. • Parents/carers play a significant role in sun safety through developing the correct attitude in their children, ensuring their children take sun safety precautions and modelling good practice. 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. • Students play a significant role by realising that sun safety is serious, by making sure that they develop sun safe habits and practices through wearing sunscreen, and sun protective clothing and keeping out of the direct sun.
Cost considerations	<p>The department provides funding for sun safety using the following strategies:</p> <ul style="list-style-type: none"> • School funding is allocated annually to enable the purchase of sunscreen for each class for the whole school year. • Costs for sunscreen will be recovered in line with the Requests for Voluntary Financial Contributions procedure.
Additional strategies	<p>Other strategies Dalby SHS uses to be sun safe include:</p> <ul style="list-style-type: none"> • Sunscreen stations are set up at sports days and swimming carnivals.

<p>Endorsed by:</p> <p>Penny de Waele, P&C President</p> <p>Janice McNamara, Staff representative</p> <p>David Spark, Staff representative</p>	<p>Approved by:</p>  <p>Dr Dean Russell, Principal</p> <p>Date of approval: 1st February , 2022</p>
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