



Mount Isa Central State School

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SunSmart Policy

Mount Isa Central State School realizes that the need to protect children's skin and educate them about SunSmart behaviour, thus reducing the risk of skin damage from exposure to the sun.

Aims

The policy aims to:

- provide ongoing education that promotes personal responsibility for skin cancer prevention and early detection
- Provide environments that support SunSmart practices
- Create an awareness of the need to reschedule outdoor activities to support SunSmart practices.

Procedures

Our school recognizes that winter sun also contributes to skin damage. This policy will therefore be implemented throughout the year.

The purpose of this SunSmart policy is to ensure that all children attending our Establishment are protected from the harmful effects of the sun throughout the year.

Our Commitment

Mount Isa Central State School will:

- inform parents of the SunSmart policy when they enrol their child
- include the SunSmart policy statement in the school prospectus
- increase the amount of shade in the school grounds, where possible, by building shelters and planting trees
- incorporate education programs that focus on skin cancer prevention into the school curriculum
- encourage all teachers and staff to act as positive role models for children in all aspects of SunSmart behaviour
- seek ongoing support from parents and the school community for the SunSmart policy and its implementation, through newsletters, parent meetings etc.
- ensure that all students and staff wear hats that protect the face, neck and ears, and SPF 30+ broad spectrum, water-resistant sunscreen, when involved in outdoor activities
- encourage students without adequate sun protection to use shaded or covered areas at recess and lunch times

- review the school dress code to conform with the Queensland Cancer Fund SunSmart clothing guidelines
- incorporate a SunSmart swimsuit into the school uniform
- ensure that, wherever practicable, outdoor activities take place before 10 a.m. and after 3 p.m.
- ensure that adequate shade is provided at sporting carnivals and other outdoor events
- ensure that SPF 30+ broad-spectrum, water-resistant sunscreen is included in the school sports kit
- have SPF 30+ broad-spectrum, water resistant sunscreen listed with other items that students are required to buy for the school year
- review the SunSmart policy annually.

Our Expectations

Parents/carers will:

- provide a SunSmart hat for their child and ensure that they wear it to and from school. The Queensland Cancer Fund recommends the following hats:
 - 7.5-10 cm broad brimmed
 - Legionnaire-style
- ensure that their child applies SPF 30+ broad-spectrum, water-resistant sunscreen 20 minutes before leaving for school
- ensure that their child's clothing provides adequate protection from UVR. The Queensland Cancer Fund recommends clothing with the following features:
 - dark-coloured
 - collars and sleeves
 - closely woven fabric
 - natural fibre
- act as positive role models by practising SunSmart behaviour
- support the school's SunSmart policy and help to design and regularly update the policy.

Students will:

- be aware of the school's SunSmart policy
- take responsibility for their own health and safety by being SunSmart
- comply with SunSmart rules and guidelines by wearing suitable hats, clothing, sunscreen and sunglasses
- apply SPF 30+ broad-spectrum, water-resistant sunscreen 20 minutes before going outdoors
- use shaded or covered areas when outdoors
- act as positive role models for other students in all aspects of SunSmart behaviour
- help to design and regularly update the SunSmart policy
- participate in SunSmart education programs.

Principal

Parents & Citizens Committee

Student Council