



### ROCKHAMPTON GIRLS GRAMMAR SCHOOL

## SunSmart Policy

### PURPOSE OF THE POLICY

Rockhampton Girls Grammar School maintains this policy to ensure that students and staff are protected from skin damage caused by the harmful ultraviolet rays of the sun throughout the year.

### POLICY

Too much ultraviolet (UV) radiation from the sun can cause sunburn, skin damage, eye damage and skin cancer.

Queensland has the highest rate of skin cancer in the world, with two in three Australians developing some form of skin cancer during their lifetime. Overexposure to the sun during childhood and adolescence is known to be a major cause of skin damage and skin cancer.

### Aims

The SunSmart Policy aims to:

- Increase student and community awareness about skin cancer and sun protection
- Encourage the entire school community to use a combination of sun protection measures all year round
- Work towards a safe school environment that provides shade for students, staff and the school community
- Assist students to be responsible for their own sun protection
- Ensure that families and new staff are informed of the school's SunSmart policy.

### Our Sun Protection Strategies & Commitment

All students and staff use a combination of sun protection measures all year round to ensure they are well protected from the sun. Particular care is taken between 10.00am and 3.00pm when UV Index levels reach their peak during the day.

Our SunSmart policy is considered when planning all outdoor events e.g. assemblies, camps, excursions and sporting events. Where possible, we have outdoor activities or events earlier in the morning or later in the afternoon, or we try using indoor venues.

RGGS will:

- Inform parents of the SunSmart Policy when they enrol their children
- Include the SunSmart Policy in the Prospectus
- Increase the amount of shade in the school grounds, where possible building structures and planting trees
- Incorporate education programs that focus on skin cancer prevention into the curriculum for all year levels
- Encourage all teachers and staff to act as positive role models for the students especially on playground duty by:
  - Wearing sun protective hats and clothing when outside
  - Applying SPF 30+ broad spectrum sunscreen
  - Seeking shade whenever possible
- 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



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- Encourage students without adequate sun protection to use shaded or covered areas during school breaks
- 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 10.00am and after 3.00pm
- Ensure that SPF 30+ broad-spectrum, water-resistant sunscreen is included in the school sports kits
- Have SPF 30+ broad-spectrum, water-resistant sunscreen listed with other items that students are required to buy for the school year.

### Our Expectations

Parents/guardians will:

- Provide a SunSmart hat that meets the RGGGS Uniform Policy for their child and ensure that they wear it to and from school
- Ensure that their child applies SPF 30+ broad-spectrum, water-resistant sunscreen before leaving for school
- Ensure that their child's clothing complies with RGGGS Uniform Policy, thus provides adequate protection from UVR. The School uniforms (formal, day and sport) include:
  - Dark colours
  - 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 design and regularly update the Policy.

Students will:

- Be aware of the RGGGS 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 before going outdoors
- Use shaded or covered areas outdoors
- Act as positive role models for other students in all aspects of SunSmart behaviour, in particular, Prefects and all Senior students
- Help design and regularly update the RGGGS SunSmart Policy
- Participate in SunSmart education programs.

### POLICY RELEASE DETAILS

<b>Date of Policy</b>	September 2011
<b>Reviewed by</b>	RGGGS Executive, in consultation with the RGGGS Health Centre
<b>Review Date</b>	Annually in consultation with parents, students, staff and Cancer Council
<b>Access</b>	Public Availability – RGGGS Website

### RELATED POLICIES AND DOCUMENTS

RGGGS Workplace Health and Safety Policy

RGGGS Uniform Policy

RGGGS Staff Dress Policy

RGGGS Student/Parent Handbook