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# Sunsmart Policy



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The Coomera Rivers State School community believes that children should be protected from the sun. We enact this by ensuring sun protective clothing and hats are worn when children are working or playing in the sun. Each of our uniform garments is thoughtful of this and include collars. Children must wear protective swim shirts while attending outdoor swimming activities. The school currently uses an indoor pool for 'Learn to Swim' classes. Students are encouraged to apply sunscreen (SPF 30+) before coming to school each day and apply a top up from the classroom dispenser during the school day.

Teachers and parents provide good role models for the children at our school. Teachers are required to wear hats while on playground duty. Children are encouraged to play in shaded areas such as the under covered areas and under shade trees. Other areas such as the Prep playground have protective shade shelters constructed over the playing area.

During the hottest part of the day, physical activities such as Physical Education lessons are mostly undertaken in covered games areas. Sun smart activities held at our school may include the following:

- Planting trees around the school
- Using shade covers for sports days, fairs, etc
- Providing sunscreen in each classroom and PE for students.
- Planning activities to minimise time spent in the sun
- Utilising portable shade structures where necessary
- Conducting outdoor learning and Physical Education lessons in the covered play areas and shaded areas during peak sun exposure times and in warmer weather
- Ensuring parents are informed of the policy when enrolling their child.
- Wearing school uniforms that are Sun Smart compliant
- Wearing Sun Smart clothing on Free Dress Days

## What parents can do?

Parents can participate in Sun Safety by:

- Being a positive role model.
- Providing children with appropriate broad-brimmed hats, clothing, and 30+ or higher broad-spectrum sunscreen.
- Donating and planting trees.
- Providing materials and time to build shade structures and covered seating areas
- Reminding children about drinking water as they can dehydrate easily during hot weather
- Supporting the school's **Sun Smart Policy** and assisting with reviewing and updating the policy
- Purchasing and equipping children with appropriate swim shirts for swimming and surf skills lessons

## Uniform...

The Coomera Rivers State School uniform has been designed to provide protection from harmful UV radiation as well as to be cool during hot weather. A collar and sleeves on the shirts offer protection to the neck, upper arms and shoulders. Shorts are long in length and reach just above the knees.

**School hats...**

The Coomera Rivers State School hats meet the requirements of the Queensland Sun Cancer Council. They are sun smart. The brim is 7cm to protect the head and face. Students and staff must wear hats when outside for play or study purposes.

**Sunscreen...**

Sunscreens, when used, should be at least SPF 30+ broad spectrum. They should be applied at home before school and reapplied as necessary. Each classroom is equipped with a sunscreen dispenser (and small mirror) at the classroom door. Students apply their top up sunscreen on the advice of teachers.