Sun Safety

Each year, over 374,000 Australians are diagnosed with skin cancer and almost 360 Australians die (The Cancer Council Australia). Sunburn, skin cancers and other sun-related adverse health effects are largely preventable when sun protection is practiced early and consistently. Year-round, outdoor physical activity can be healthy, fun and safe for all students when the following rules are followed.

MINIMISE SUN EXPOSURE
We are a sun-safe school and are very aware of the sun’s damaging effects. Therefore, the Albany Creek High School cap (plain black with ACSHS logo on the front) is required to be worn when engaging in outdoor activities. This cap is available from the uniform shop. Seek natural shade from trees and buildings.

Always wear broad spectrum sunscreen, with a sun protection factor (SPF) of 15 or higher – (some sunscreen will be provided at special events eg, sports carnival).

Reapply sunscreen often, as perspiration will reduce the effectiveness.

Take frequent breaks from the sun by going indoors or moving into the shade.

Drink plenty of water especially when it’s hot outside or you’re playing sport. Drinking water before you become thirsty helps to keep the water level in your body from dropping too low.