



SUNSHINE BEACH STATE SCHOOL

International Parent and Student Handbook

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1. Principal welcome



Principal's welcome: <https://sunshinebeachss.eq.edu.au/our-school/principals-welcome>

2. School details

Street address	105 Ben Lexcen Dr Sunshine Beach QLD 4567
Office hours	Monday – Friday 8:00 am – 4:00
Telephone:	07 5474 6333
Absence line:	07 5474 6360
Administration Email:	admin@sunshinebeachss.eq.edu.au
Website:	https://sunshinebeachss.eq.edu.au/
Facebook	https://www.facebook.com/SunshineBeachSS

3. Administration

Administration	Name	Telephone/contact
Principal	Ms Alison Welch	5474 6333
Deputy Principal/s	Tracy Blandford Kathryn Cook Mark Baker	5474 6333
Head of Curriculum (if applicable)	Sascha Steinbeck	5474 6333
Financial matters	Maree Thomson	5474 6333
Business Manager	Maree Thomson	5474 6333
Student attendance		https://sunshinebeachss.eq.edu.au/our-school/absences
Student Wellbeing and Support	<ul style="list-style-type: none">Guidance Officer	5474 6333

4. School mission and values

<https://sunshinebeachss.eq.edu.au/our-school/mission-and-values>

5. International Team

The International Team are here to guide your child with their studies and to support them during their time at Sunshine Beach State School].

Name	Role	Contact
Alison Welch	Principal	5474 6333
Maree Thomson	International Student Coordinator	5474 6333
Kathy Webb	Guidance Officer	5474 6333
Melissa Valotta	English as a Second Language or Dialect (EAL/D) Teacher	5474 6333

6. Emergency contacts (during school hours)

An emergency is a situation that may/ does affect your student's health, safety or welfare.

In the event of an emergency during school hours please contact any of the people below immediately.

Name	Role	Contact
Maree Thomson	Business Manager	0409 019 497

7. Emergency contacts (after school hours and on the weekends)



Your child's safety is our number one priority. Because of this, we work with our partners to ensure they enjoy a safe and high-quality study experience. All Overseas students studying an international program at an accredited International Student Program (ISP) school and their parents can use our student support service called 1800 QSTUDY (1800 778 839).

The 1800 QSTUDY service provides support for you, your authorised contacts and Education Queensland International (EQI) homestay hosts, and responds to incidents that involve Overseas students outside school hours.

You can call 1800 QSTUDY before **9.00am** and after **3.00pm** on school days, and **24 hours** a day during weekends, public holidays and school vacations.

For more information on 1800 QStudy please go to the following link – [1800QStudy](#)

What is the free call 1800 QSTUDY?

1800 QSTUDY (+61 1800 778 839) is a free support phone service for overseas students studying in state schools in Queensland. The service provides access to advice and assistance 24 hours a day, seven days a week. This also includes an emergency after-hours service which manages incidents for overseas students participating in the International Student Program, Exchanges and Study Tours.

When should I use the 1800 QSTUDY service?

During school hours, school staff are your main point of contact but when school is closed and you would like to report an issue or you need urgent assistance, then phone free call 1800 QSTUDY.

At these times:

- Monday to Friday before 9am and after 3pm.
- Any time on the weekends (Saturday and Sunday).
- Any time during school holidays and public holidays.

8. Critical or life threatening situations - dial Triple Zero (000)

A critical or life threatening situation includes:

- immediate danger
- physical or sexual assault
- serious injury or illness
- student threatened with violence
- there has been a death.

You can download the [Emergency+](#) application (app) from the Apple, Google and Microsoft app stores. The [Emergency+](#) app helps provide critical location to emergency services.

9. School emergency and lock down procedure

Sunshine Beach State School has regular lockdown and evacuation drills. In the case of an evacuation students move to the school oval. In case of lockdown, students remain within the room where they are at that time with doors and windows locked. Teachers advise students of the process. Parents are advised of the drill as soon as possible after the event.

10. School map and facilities

<https://sunshinebeachss.eq.edu.au/our-school/maps-and-transport>

11. Orientation

The Sunshine Beach State School [Overseas student orientation](#) has been designed to:

- support your students wellbeing
- help your student adjust to study in Australia
- support your student's academic success.

Daily timetable <https://sunshinebeachss.eq.edu.au/our-school/class-times>

Orientation

Orientation topic - checklist
Principal welcome
Tour of the school and provision of a site map
Leading the parent through International Parent Handbook
Specifically discuss Visa conditions <ul style="list-style-type: none">• Attendance• Course progress• Behaviour
Deferral, suspension and cancellation of enrolment
Complaints and appeals
Orientation to the local area <ul style="list-style-type: none">• Assessment• Local area and activities• Getting around• Banks• Legal services• Emergency services• Hospital• Medical services• Shopping• Community facilities
Obtain contact details (and remind parents the importance of letting the school know of any changes regarding, address, phone number and visa details)

Orientation handouts

- School site map
- International Parent/Student Handbook (electronic)
- Emergency contact details
- Any other information you would hand out during the enrolment of a student.

Assembly

Assembly at Sunshine Beach State School is held fortnightly on Tuesdays commencing at 1:45 until 2:20 in school hall.

12. What to do when

- 12.1. **Late for school or class** - Report to school office before going to class.
- 12.2. **Leaving school during the day** – parent to advise class teacher and collect student from school office.
- 12.3. **Feeling sick or unwell** – student to tell class teacher.
- 12.4. **Changing address or contact details** – advise Business Manager 5474 6333 or mthom197@eq.edu.au
- 12.5. **Lost property** – check at school office
- 12.6. **Toilet access during class time** – ask teacher for permission to leave classroom.

13. Accommodation and welfare

Care arrangements

While studying, your student/s must live with you as the parent, legal I custodian or Department of Home Affairs (DHA) approved guardian.

We will communicate with you as the parent, legal custodian or DHA approved guardian on all matters to do with your student's enrolment and schooling (including welfare matters). You can read more about EQI's Welfare and accommodation in the following documents:

- [Standard terms and conditions](#)
- [Accommodation and welfare](#)

14. Culture shock

Culture shock is a common way to describe the feelings someone moving to a new and different culture might experience. Although moving can be an exciting and positive time, it can also be overwhelming with so many changes. It's natural to have difficulty adjusting at times, and important to remember that culture shock is temporary.

As a parent, being aware of your own and your child's culture shock can help you to manage the effects or seek any support you need.

Some signs of culture shock include:

- feeling isolated
- increasing frustration with your new country and school
- irregular sleep patterns
- spending a lot of time alone
- easily upset and can't concentrate at school.

Culture shock is often experienced in four distinct phases: honeymoon, negotiation, adjustment and adaptation.

1. Honeymoon phase

The first stage of culture shock is usually positive. During the honeymoon phase the differences between the old and new culture are seen in a romantic light. For example, in moving to Australia to study, you might love the new food, the pace of life, and the locals' habits. During the first few weeks most students are fascinated by the new culture.

2. Frustration/ Distress phase

After some time (usually around three months, depending on the individual), differences between the old and new culture become apparent and you may feel uneasy. Excitement may eventually give way to unpleasant feelings of frustration as a person continues to experience unfavorable events that may feel strange. Language barriers, traffic safety and food differences may heighten the sense of disconnection from the surroundings.

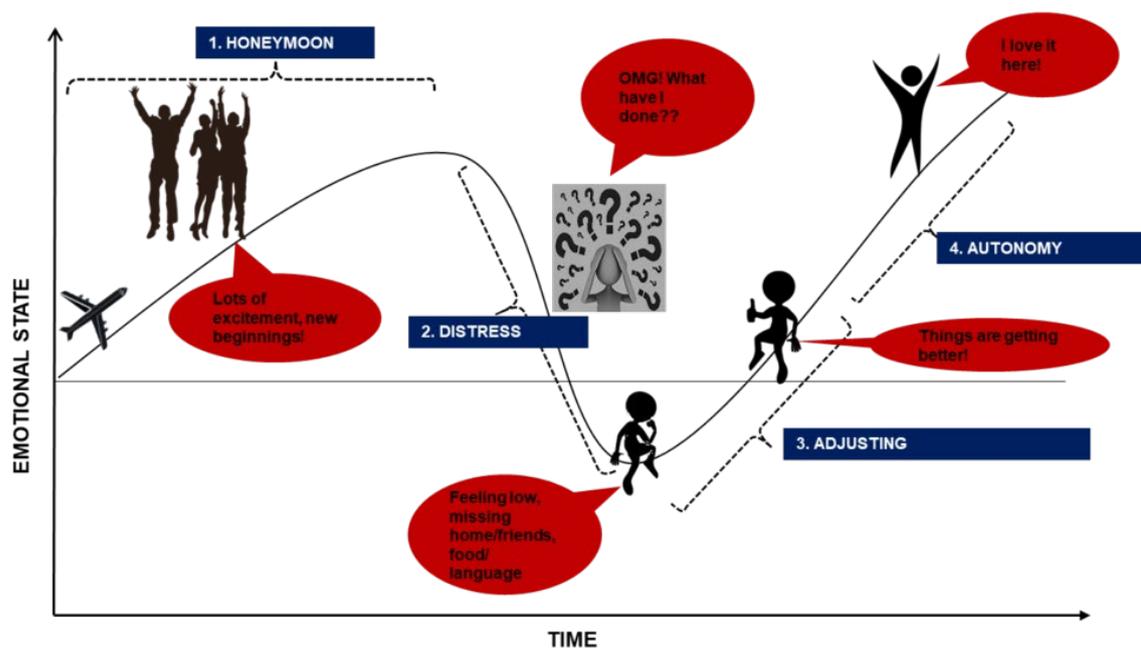
During this phase students adjusting to a new culture may feel lonely and homesick because they are not yet used to the new environment and new people they are meeting.

3. Adjusting phase

After some time (usually 6 to 12 months), a person grows accustomed to the new culture and develops routines. During this phase a person knows what to expect in most situations and the host country no longer feels very new. During this phase people develop problem-solving skills for dealing with the culture and begins to accept the culture's ways with a positive attitude. The culture begins to make sense, and negative reactions and responses to the culture are reduced.

4. Acceptance/ Autonomy phase

Individuals in the acceptance phase are able to participate fully and comfortably in the host culture. Mastery does not mean total conversion; people often keep many traits from their earlier culture, such as accents and languages.



If you think you or your child are feeling culture shock, here are some things that you can do:

- be patient with yourself and your child as culture shock is a normal reaction to a changed environment.
- surround your child with familiar objects and routines.
- watch for changes in your child's behaviour and listen openly.
- talk about how you are feeling with family, friends, or someone at the school.
- keep in contact with your loved ones back home.
- socialise and make new friends.

It is important to remember the following:

- culture shock is a perfectly normal part of the overseas study experience.
- the uncomfortable feelings will pass.
- this experience is an important learning opportunity, helping you to become versatile and adaptable to change. It will equip you with valuable life skills that are some of the greatest benefits of studying abroad.
- step outside of your comfort zone, make new friends, and take full advantage of the once-in-a-lifetime experiences while you can.

The international team are here to support you to have a wonderful experience at Sunshine Beach State School.

15. Contact details

You must let your school know your residential address in Australia within seven days of arriving in Australia. You must also tell the school of any changes of residential address within seven days. Failure to do this may affect your student's visa.

We also need your current telephone number and email contact details. Any changes need to be given to us within seven days.

16. EQI Standard Terms and Conditions

Before you arrived in Australia you were provided with a copy of the [EQI Standard Terms and Conditions](#). The Standard Terms and Condition outline EQI policies that relate your responsibilities and rights and EQI's responsibilities and actions required to be taken during your child's course of study in Queensland.

If you have not read the Standard Terms and Conditions please do so. The Standard Terms and Conditions are available in the following languages:

- [Simplified Chinese](#)
- [German](#)
- [Italian](#)
- [Japanese](#)
- [Vietnamese](#)

17. Visa Conditions

Attendance

Sunshine Beach State School's attendance policy [<https://sunshinebeachss.eq.edu.au/our-school/absences>] aims to ensure students are actively engaged in school and attend every day to ensure optimal individual outcomes and student engagement. We have high expectations of student attendance. Once you have enrolled your student/s at Sunshine Beach State School it is your responsibility as a parent, legal custodian or DHS approved guardian to ensure that they are at school every day and that they arrive on time, ready to start class at 8.25am.

Your student/s is expected to maintain 100% attendance unless they are sick. You should always tell the school if you they cannot attend for all or part of the day.

In the event that your student/s are going to be absent from school please notify the school on the day of the absence via the absentee line [5474 6360] stating your student/s' name and class, your name, the reason for the absence and the expected return date.

The school will record your student/s attendance or absence every day. All absences are recorded on your school report. Electronic rolls will be marked every period. A text message will be sent at 10am for unexplained absences.

It is a condition of your student/s Sub-class 500 (schools) visa that they maintain satisfactory attendance during your period of study. Commonwealth law requires EQI to be proactive in notifying and counselling students who are at risk of failing to meet attendance requirements. EQI is required by law to report Overseas students who have breached attendance requirements.

Important information about attendance

Start and finish times	https://sunshinebeachss.eq.edu.au/our-school/class-times
Late arrival process	Report to office.
School absence telephone number	5474 6360
Serious, injury or incident process	5474 6333

How attendance is recorded at Sunshine Beach State School

Full day absences

Absences are recorded via class roll marking in OneSchool.

Part day absences

Absences are recorded via class roll marking in OneSchool.

Table – Absence codes for full or part day absence

Type of Absence	Code	Explanatory notes
Entire day	A	Student was absent entire day.
Early (No Penalty)	E	Student left early, but within the final two hours of scheduled schooling. This will not count as an afternoon/half day absence. If the student left earlier than two hours prior to the end of the scheduled school day, this will count as an afternoon/half day absence (see "P" code).
Late (No Penalty)	L	Student arrived late, but within two hours of scheduled schooling. This will not count as a morning/half day absence. If the student arrived after the first two hours of the scheduled school day, this will count as a morning/half day absence (see "M" code).
Morning	M	Student was absent for the morning. This will count as a half day absence.
Afternoon	P	Student was absent for the afternoon. This will count as a half day absence.

At risk of failing to meet attendance requirements

In the [EQI Standard Terms and Conditions](#) your student is considered to be at risk of failing to meet attendance requirements if:

- the student/s is absent for five consecutive days or more;
- their attendance falls to 90% of the course contact hours in any [school term](#); or
- the school has concerns about their attendance record.

The school may require to meet with you to discuss your student's attendance record and provide evidence explaining the absences (such as medical certificates).

If attendance falls to 85% of the course contact hours in any term we will provide you as the parent, legal custodians or DHS approved guardian a written warning.

Unsatisfactory attendance

If your student/s do not maintain at least 80% of course contact hours, EQI will notify you in writing of their intention to report your student to authorities for not achieving satisfactory attendance. EQI may exercise discretion not to report if:

- evidence is provided that demonstrates compassionate or compelling circumstances explaining the absences;

- EQI are satisfied that, in all the circumstances, it is reasonable not to report; and
- your student/s' attendance record is at least 70% (if attendance falls below 70%, EQI is required by law to report your student).

If you receive a notice of EQI's intention to report your student to authorities, you have the rights set out under the Appeals Policy section of the [EQI Standard Terms and Conditions](#).

You can read in more detail about your attendance requirements at:

- [EQI Standard Terms and Conditions](#)
- [EQI Attendance – Subclass 500 \(schools\) visa procedure](#)
- [Sunshine Beach State School Attendance Policy](#)
- [Managing student absences and enforcing attendance at state schools](#)

Course progress

Overseas students must maintain satisfactory [course progress](#) for each study period as required by EQI and outlined in the [Entry and course requirement standards](#). Maintaining satisfactory course progress is a condition of your student/s' student visa. If their course progress is not satisfactory, EQI will report it to authorities and the student visa may be cancelled.

At Sunshine Beach State School we provide written reports to you as parent, legal custodians or DHA approved guardian every semester as per the [P-12 curriculum assessment and reporting framework](#) available on the Queensland Department of Education website.

Your student/s must complete their course within the time set out in the Confirmation of Enrolment that EQI sent you.

EQI may extend the time to complete a course only if:

- there are compassionate or compelling circumstances;
 - the course load is reduced because of difficulty making satisfactory course progress;
- or
- a deferral or suspension of study is approved (see the [Deferral, Suspension and Cancellation Policy](#) section of the [EQI Standard Terms and Conditions](#)).

Where there is an adjustment to course length you must contact the Department of Home Affairs to seek advice about any potential impacts on your student's visa, including the need to obtain a new visa.

Unsatisfactory course progress

Sunshine Beach State School will monitor your student/s workload and results to ensure they complete the course on time. We will also assist your student/s if they are having difficulties. If they are at risk of not meeting course progress requirements, we will implement suitable intervention strategies with enough time for them to achieve satisfactory course progress.

Formal intervention

If your student/s are not making satisfactory course progress, the principal will give you, as the parent, legal custodian or DHA approved guardian a written warning. Your student will be required to meet with the principal to develop a plan to improve your performance.

If your student/s' next study period report indicates continuing unsatisfactory course progress, EQI will notify you in writing of our intention to report you to authorities for breaching the requirement of your visa to achieve satisfactory course progress.

EQI may notify you earlier if, in their opinion, your student/s will not be capable of meeting the course requirements. If you receive a notice of EQI's intention to report to authorities, your student have the rights set out under the **Appeals Policy** section of [EQI Standard Terms and Conditions](#)

You can read in more detail about course progress requirements at:

- [EQI Standard Terms and Conditions](#)
- [Course progress – Subclass 500 \(schools visa procedure\)](#)

Behaviour

Sunshine Beach State School is committed to providing a safe, respectful and disciplined learning environment for students and staff, where students have opportunities to engage in quality learning experiences and acquire support of their lifelong wellbeing.

The [Sunshine Beach State School Responsible Behaviour Plan/Student Code of Conduct](#) is available on the school website The Responsible Behaviour Plan for Students/ Student Code of Conduct is designed to facilitate high standards of behaviour so that the learning and teaching in our school can be effective and students can participate positively within our school community.

Sunshine Beach State School is an accredited Glasser Quality School
<https://sunshinebeachss.eq.edu.au/our-school/why-choose-our-school/choice-theory>

[EQI Standard Terms and Conditions](#) state that at school your student/s must:

- participate actively at school;
- take responsibility for their own behaviour and learning;
- respect other members of the school community and the school environment and property;
- cooperate with staff and others in authority; and
- comply with the Sunshine Beach State School's rules – Student Code of Conduct and school policy and procedures

At all times your student/s must:

- comply with Australian laws and with the conditions of their student visa;
- not drink alcohol, smoke, misuse prescription medication or use illegal drugs;
- not do anything that endangers their safety or the safety of other people; and
- not do anything that may bring their school or the International Student Program into disrepute.

If your student/s' behaviour is unsatisfactory, EQI may cancel or suspend their enrolment. This may affect their student visa.

18. English as a Second Language or Dialect (EAL/D)

Sunshine Beach State School has a qualified EAL/D teacher who is available to assist.

19. Student services and support programs

Our school has the following study programs to support your child in their studies:

Activity	Where and when
EAL/D	School campus during school hours
Speech pathology	By appointment

20. Academic policy and assessment

<https://sunshinebeachss.eq.edu.au/curriculum/testing-and-assessment>

21. Legal services

There are a variety of legal services in the community around our school. If you need to access legal services please see the International Student Coordinator.

[Legal Aid Queensland](#) can help with free advice about most personal legal problems including civil law problems such as consumer issues. You can contact Legal Aid Queensland at www.legalaid.qld.gov.au or call 1300 651 188 Monday to Friday 8:30am to 5:00pm.

For legal advice you can also contact a private solicitor or a [Community Legal Centre](#).

22. After hours support and health services

If your student requires afterhours support or assistance with an urgent program matter you can call [1800 QSTUDY](#) (1800 778 839). You can also call your student's Overseas Student Health Cover (OSHC) provider.

Overseas student Health Cover (OSHC)

OSHC is insurance to assist Overseas students meet the costs of (Public) medical and hospital care that they may need while in Australia. OSHC will also pay limited benefits for pharmaceuticals and ambulance services, depending on the level of cover.

Details and costs of policies, including what an OSHC policy will and won't cover, and any waiting periods that may apply to certain treatment types, can be obtained by contacting each insurer directly.

OSHC is considered adequate health insurance, however, if you find your student's OSHC policy does not cover you for everything you want, you can take out additional private health/travel insurance.

The OSHC provider can help you with a range of medical advice. You **should** check with your OSHC provider website as the services and support provided can vary from provider to provider.

Common advice and support OSHC providers may provide include:

- medical assistance
- referral to a doctor for medical treatment
- getting access to an interpreting service
- counselling services
- referral to a legal service

- family and friends messaging services in the event of an emergency
- personal safety

OSHC providers in Australia include:

Australian Health Management (ahm)

Allianz

BUPA Australia

Medibank Private

NIB Health Funds Limited

www.ahmoshc.com.au

www.allianzassistancehealth.com.au

www.bupa.com.au/health-insurance/oshc

www.medibank.com.au/overseas-health-insurance/oshc

www.nib.com.au/overseas-students

23. Medical matters

Health information

To help us support you, we need you to tell us everything we might need to know about your student/s' physical and mental health, including medical history, conditions and allergies, and all medications so we can organise anything they might need and approve and monitor their support and general welfare arrangements as required by your student visa. This applies before you arrive in Australia and during your stay.

Medication

If your student/s' needs to take medication while at school, the medication needs to have a pharmacy label and be handed in to administration. You will need to complete a consent to administer medical form. Your student/s will need to come to the office at the time the medication is required.

24. Medical treatment

If your student/s needs medical or other health care (other than routine care for minor illness or injury), we will use our best endeavours to contact you as a parent or legal custodian as soon as reasonably possible.

We may, as we think appropriate and in your student/s best interests:

- administer first aid.
- Contact ambulance as required.

For further information please see the [EQI Standard Terms and Conditions](#)

25. Fees

Tuition

Tuition fees for EQI (CRICOS Provider Code: 00608A) cover:

- all curriculum schooling and teaching costs
- curriculum-related excursions

Non-tuition fees

Some non-tuition fees may also apply for items such as school uniforms and non-curriculum activities. Please check with your International Student Coordinator.

Overseas student Health Cover (OHSHC)

OSHC fees[±] are determined by the OSHC provider and are subject to change. For further information on OSHC, please refer to your OSHC provider.

More information regarding fees can be found at the following link:

- [Fees](#)

26. Transfer policy

You may apply to transfer your student between Queensland Government schools, a non-government school or another institution registered under Australian law to provide education to overseas students.

Additional tuition or other non-tuition fees may apply for the new school, depending on the school and course chosen.

Before applying for a transfer, you should talk to your student/s' International Student Coordinator and consider any relevant enrolment deadlines at other schools or institutions.

For more detailed information please see the following documents.

- [Entry and course requirements](#)
- [Standard Terms and conditions](#)

27. Complaints

Before you lodge a customer complaint with the department, you are encouraged to contact your school to try to resolve your issue. If you have an issue with your course you should discuss this with your International Student Coordinator.

If you have an issue relating to the International Student Coordinator or a decision they have made, you should discuss this with your school Principal. You can bring a support person to help you at any meeting.

Customer complaints are managed in accordance with the Department of Education's Customer [Complaints Management Framework](#) and the [Standard Terms and Conditions](#) you were provided with prior to commencing your course.

You can make a formal complaint if you are dissatisfied about the service or action of a school, the department, its staff, or education agents with which EQI has arrangements deliver your course-related service. EQI does not charge a fee for accessing the complaints process.

You can ask for help writing your complaint (for example, from your parents, your homestay provider or a lawyer) and can bring a support person to help you at any meetings we have to discuss your complaint.

Read more on complaints and appeals at the following link: [Complaints and appeal – Subclass \(500\) procedure.](#)

28. Appeals

You can appeal a decision EQI makes (**Internal Appeal**):

- to report you to authorities (see the [Attendance](#) and [Course Progress Policy](#))

- not to defer or suspend your enrolment, as requested by you (see the [Deferral, Suspension and Cancellation Policy](#));
- to suspend or cancel your enrolment, as initiated by us (see the [Deferral, Suspension and Cancellation Policy](#));
- to refuse your request for a transfer (see the [Transfer Policy](#)); or
- as a result of your complaint to us (see the [Complaints and appeals procedure](#)).

EQI does not charge a fee for using the appeals process.

External appeal

If you are not satisfied with the decision, you can lodge a complaint (**External Appeal**) with the Queensland Ombudsman by email to ombudsman@ombudsman.qld.gov.au or by post to Queensland Ombudsman, GPO Box 3314, and Brisbane Qld 4001 within 10 working days of receiving our decision.

EQI will comply with any decision the Ombudsman makes.

29. Refund policy

Your rights

If your student/s do not complete their course, you may apply for a refund of some fees already paid by you (in certain circumstances). Some tuition and non-tuition fees charged by EQI are not refundable.

EQI will also pay any other refunds required by Australian law. If you demonstrate compassionate or compelling circumstances, EQI may agree to refund other unspent fees at their discretion.

Refund requests for OSHC fees must be made to your Overseas student Health Insurance (OSHC) provider.

The right to make complaints and seek appeals of decisions and action under various processes, does not affect the rights of the student to take action under the *Australian Consumer Law* if the *Australian Consumer Law* applies.

More detail regarding refunds can be accessed at:

- [Standard Terms and Conditions](#)
- [Refund request form](#)

30. School policy and procedures

30.1. Anti-bullying policy/ Code of Conduct/ Responsible behaviour policy

<https://sunshinebeachss.eq.edu.au/supportandresources/formsanddocuments/documents/behaviour%20documents/sbss-code-of-conduct.pdf>

30.2. School network and internet policy

[ICT Agreement](#)

[Prep to Year 3 online services consent](#) (PDF, 408KB)

[Years 4-6 online services consent](#) (PDF, 424KB)

30.3. Use of mobile phones – mobile phones need to be handed into office for the day and collected end of day.

30.4. Sunsafe policy

<https://sunshinebeachss.eq.edu.au/SupportAndResources/FormsAndDocuments/Documents/Rules%20and%20policies/sun-safety-policy.pdf#search=uniform%20policy>

31. Booklist / bookshop and uniform

<https://sunshinebeachss.eq.edu.au/facilities/bookshop>

<https://sunshinebeachss.eq.edu.au/facilities/uniform-shop>

32. Transport

<https://sunshinebeachss.eq.edu.au/our-school/maps-and-transport>

33. House Structure

Our school comprises of four sports house groups: **Eagles**, Magpies, Kookaburras, Seagulls

34. School Leadership Opportunities

<https://sunshinebeachss.eq.edu.au/our-school/student-leadership>

35. Swimming

In Queensland, where water activities are part of our lifestyle, the safety of our children and families in and around the water is paramount. Water safety is a life skill which starts from the moment a child comes into contact with water through all stages to adult life.

Queensland state schools, in Prep to Year 6, are required to offer a water safety and swimming program. Participation in these programs by students is not compulsory. Parents can choose for their child not to participate. For more information please talk to your child's teacher regarding swimming and water safety lesson for your child.

More information regarding water safety and swimming can be found at:

<https://education.qld.gov.au/curriculum/stages-of-schooling/water-safety-and-swimming>

36. Surf and Beach safety

Queensland has some of the most beautiful beaches in the world. However, they can be dangerous for people who are not used to the ocean. Understanding the ocean is very important – the more you know about how waves, wind and tides affect conditions in the water, the better able people are to remain safe.

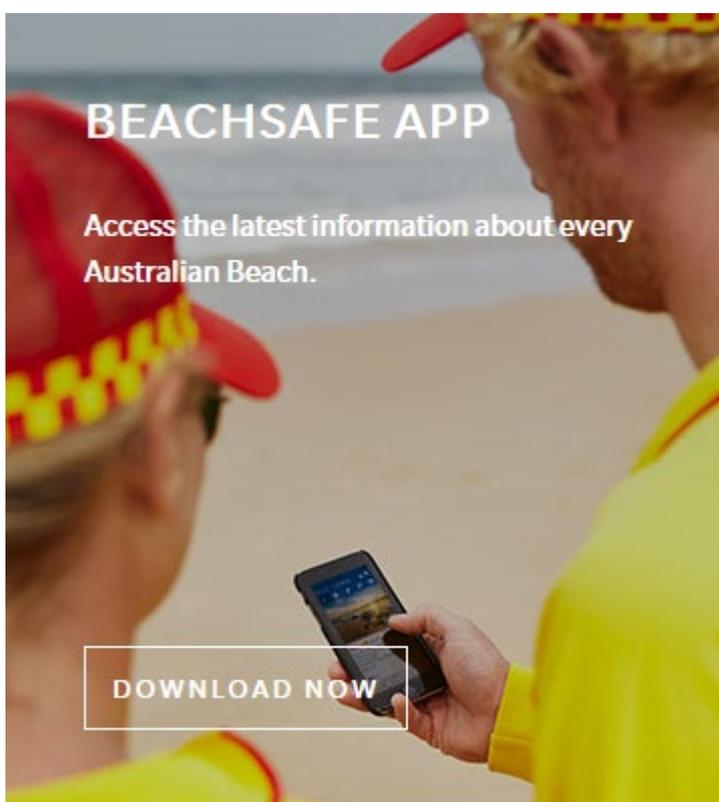
Surf Life Saving Australia's 10 Surf Safety Hints

1. Always swim or surf at places patrolled by surf lifesavers or lifeguards.
2. Swim between the red and yellow flags. They mark the safest area to swim.
3. Always swim under supervision or with a friend.
4. Read and obey the signs.

5. Don't swim directly after a meal.
6. Don't swim under the influence of drugs or alcohol.
7. If you are unsure of surf conditions, ask a lifesaver or lifeguard.
8. Never run and dive into the water. Even if you have checked before, conditions can change.
9. If you get into trouble in the water, don't panic. Raise your arm for help, float and wait for assistance.
10. Float with a current or undertow. Stay calm. Don't try to swim against it. Signal for help and wait for assistance.

Useful links

- [Queensland Surf Lifesaving](https://www.queensland.gov.au/queensland-surf-lifesaving)
- <https://beachsafe.org.au/> at this link you can download their Beach Safe app.



Sun safe

Most of the sun's dangerous UV radiation (as much as 70%) occurs in the middle of the day, so if you are heading outside then you need to take particular care to seek shade, cover up, wear a hat and use sunscreen. Drink plenty of water in hot weather so as not to become dehydrated. Be sun safe by:

- avoid direct sun when possible
- drink plenty of water
- wear a long-sleeve shirt, wide brim hat and sunglasses
- regularly apply an SPF 30+ high protection sunscreen.

37. Road Safety

Australian roads can be quite busy during peak time (mornings and afternoons are). It is important to take care when crossing roads, and always cross at intersections with traffic lights

and/or pedestrian crossing zones. In Australia we drive on the left-hand side of the road and as such, you will need to **look right, look left, and then look right again before crossing.**

38. School camps and excursions

As applicable

39. School Tuckshop

<https://sunshinebeachss.eq.edu.au/facilities/tuckshop>

40. Clubs and extra-curricular activities

Students are advised of available activities.

41. After school care

Available locally not on school site.

42. School newsletters

Sunshine Beach State School produces a school newsletter fortnightly, which can be accessed from our website: <https://sunshinebeachss.eq.edu.au/calendar-and-news/newsletters>.

43. Volunteering opportunities

<https://sunshinebeachss.eq.edu.au/our-community/volunteering>