



Policy

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Author:	School Governance

SunSmart Policy

Purpose

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

St Therese's School will:

- Inform parents of the SunSmart policy when they enrol their child.
- Include the SunSmart policy statement on the school's website and on the Parent Portal.
- Provide adequate shade in the school grounds.
- 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 our various communication avenues (eg. executive monthly newsletter).
- Ensure that all students and staff wear hats that protect the face, neck and ears during breaks and during Physical Education lessons.
- Encourage students to use SPF 30+ broad-spectrum sunscreen, as directed by their parents/caregivers, when involved in outdoor activities.
- Ensure that SPF 30+ broad-spectrum sunscreen is available for use within the school.
- Encourage students without adequate sun protection to use shaded or covered areas at recess and lunch times.
- Ensure that the school's dress code conforms with the Queensland Cancer Fund's SunSmart clothing guidelines.
- Ensure that SunSmart swim shirts are worn when classes attend swimming lessons.
- Review the SunSmart policy as required.

Policy

This 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 (where practicable).

Rationale

Queensland has the highest rate of skin cancer in the world; two out of every three Queenslanders will develop some sort of skin cancer in their lifetime. Research suggests that at least two-thirds of all melanomas occurring in Australia could be prevented if children were protected from the sun during their first 15 years. Given that students are at school during peak ultraviolet radiation (UVR) times throughout the day, schools play a key role in both minimising student's UVR exposure and providing an environment where policies and procedures can positively influence student behaviour.

Skin damage, including skin cancer, is a result of cumulative exposure to the sun. Research shows that severe sunburn contributes to skin cancer and other forms of skin damage such as sunspots, blemishes and premature ageing. Most skin damage and skin cancer is therefore preventable. UVR levels are highest during the hours that children are at school. As children will spend a portion of their day outdoors, we are committed to protecting them from harmful effects of the sun.

With this in mind, St Therese's School realises 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.

Consequences

- Students are expected to wear a school hat and SunSmart clothing (on free dress or dress up days/ school camps).
- Students without a hat are directed by staff to a shaded area in play breaks.
- When playing or participating in school activities, students are directed to a shady place to watch the activity from a safe distance.
- Staff are directed to enforce that those students who repeatedly present at school without a hat, are to be sent to the Reflection Room during playtime.

Reflection

Parents/carers will:

- Support the school's SunSmart policy.
- Ensure that their child has a school hat with them everyday.
- Encourage their child to apply SPF 30+ broad-spectrum sunscreen before leaving for school, on sports days, excursions and days when swimming lessons are conducted.

- Ensure that their child's clothing on free dress days provides adequate protection from UVR. The Queensland Cancer Fund recommends clothing with the following features: collars and sleeves, either natural fibres or non-natural fibres with a UPF factor above 40, act as positive role models by practising SunSmart behaviour.

Students are encouraged to:

- Be aware of the school's SunSmart policy.
- Take responsibility for their own health safety by being SunSmart.
- Comply with SunSmart rules and guidelines by wearing suitable hats, clothing and sunscreen.
- Apply SPF30+ broad-spectrum, water-resistant sunscreen as directed by parents and caregivers.
- Use shaded or covered outdoor areas whenever they can.
- Act as positive role models for other students in all aspects of SunSmart behaviour.
- Participate in SunSmart education programs.

Staff will:

- Act as positive role models by practising SunSmart Behaviours.
- Support the school's SunSmart policy.
- Incorporate education programs that focus on skin cancer prevention into their curriculum program.
- Encourage children to apply SPF 30+ broad-spectrum sunscreen, as directed by their parent/caregiver.

See also (Related Policies and Guidelines)