



SunSmart Policy Statement

Our Lady of the Angels' Catholic Primary School

Wavell Heights

Rationale

Queensland has the highest rate of skin cancer in the world. Of all new cancers diagnosed in Australia each year, 80 per cent are skin cancers. Research indicates childhood sun exposure is an important contributing factor to the development of skin cancer in later life. Given students are at school during peak ultraviolet radiation (UVR) times throughout the day, between 10am and 3pm, schools play a major role in both minimising a student's UVR exposure and providing an environment where policies and procedures can positively influence student behaviour. Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Research shows 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. Ultraviolet radiation (UVR) levels are highest during the hours children are at school. As children will spend a portion of their day outdoors, we are committed to protecting them from the harmful effects of the sun.

With this in mind, Our Lady of the Angels' Catholic Primary 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.

Aims

The SunSmart Policy aims to:

- Provide ongoing education that promotes personal responsibility for the prevention and early detection of skin cancer;
- Provide environments that support SunSmart practices; and
- Create an awareness of the need to reschedule outdoor activities to support SunSmart practices.

Procedures

Our Lady of the Angels' recognises that winter sun also contributes to skin damage. This policy will therefore be implemented throughout the year.

The purpose of this SunSmart policy is to ensure all children attending our establishment are protected from the harmful effects of the sun throughout the year.

Our Commitment

Our Lady of the Angels' Catholic Primary School will:

- Include the SunSmart policy statement on the Parent Portal and School Website;
- Increase the amount of shade in the school grounds, where possible, by building shelters and planting trees;
- Incorporate education programs that focus on skin cancer prevention;
- Encourage all teachers and staff to act as positive role models for children in all aspects of SunSmart behaviour;
- Inform parents of the SunSmart policy via the school website and school newsletter;
- Seek ongoing support from parents and the school community for the SunSmart policy and its implementation, through newsletters and parent meetings;
- Utilise bells to encourage students and staff to apply sunscreen 20 minutes prior to going outdoors to play.
- Ensure all students and staff wear hats that protect the face, neck and ears and apply SPF 30+ broad-spectrum, water-resistant sunscreen when involved in outdoor play and learning activities.
- Encourage staff to reapply sunscreen every 2 hours when outdoors for extended periods.
- Encourage students without adequate sun protection to use shaded or covered areas at recess and lunch times;
- Ensure the school dress code continues to conform with The Cancer Council Queensland SunSmart clothing guidelines;
- Ensure all students wear a Rashie /Swim Shirt during all water-based activities e.g swimming lessons (with the exception of competitions and carnivals).
- Ensure, wherever practical, that outdoor activities take place before 10am and after 3pm;
- Ensure adequate shade is provided at sporting carnivals and other outdoor events;
- Ensure SPF 30+ broad-spectrum, water-resistant sunscreen is included in the school sports kit;
- Review the SunSmart policy annually.

Our Expectations

Parents/carers will:

- Provide a SunSmart hat for their child and ensure they wear it to and from school. The Cancer Council Queensland recommends hats with a 7.5cm brim, legionnaire-style or bucket (minimum of 6cm brim) hats;
- Ensure their child applies SPF 30+ broad-spectrum, water-resistant sunscreen prior to their arrival at school;
- Ensure their child's clothing provides adequate protection from UVR. The Cancer Council Queensland recommends clothing with the following features:
 - dark coloured;
 - 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 to design and regularly update the policy.

Students will:

- Be aware of the school's 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;
- Be encouraged and reminded to apply SPF 30+ broad-spectrum, water-resistant sunscreen 20 minutes before going outdoors.
- Use shaded or covered areas when outdoors;
- Act as positive role models for other students in all aspects of SunSmart behaviour;
- Help to design and regularly update the SunSmart policy; and
- Participate in SunSmart education programs.

Reviewed January 2022