



# SUNSMART POLICY

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# SUNSMART POLICY

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## RATIONAL

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 are therefore preventable.

Ultraviolet radiation (UVR) levels are highest during the hours children are at school. As children spend a portion of their day outdoors, we are committed to protecting them from the harmful effects of the sun.

St Francis College Crestmead 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 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 work commitments and outdoor activities to support SunSmart practices.

## PROCEDURES

Our school recognises that winter sun also contributes to skin damage. The implementation of this policy will therefore be conducted throughout the year.

The purpose of the SunSmart Policy is to ensure that all students attending our College are protected from the harmful effects of the sun throughout the year.

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## OUR COMMITMENT

St Francis College will:

- inform parents of the SunSmart Policy when they enrol their child;
- include the SunSmart Policy on the College 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 into the school curriculum;
- encourage all teachers and staff to act as positive role models for students in all aspects of SunSmart behaviour;
- seek ongoing support from parents and the school community for the SunSmart Policy and its implementation, through newsletters, parent meetings etc;
- encourage all students and staff to wear hats that protect the face, neck and ears, and SPF 30+, broad-spectrum, water-resistant sunscreen, when involved in outdoor activities;
- encourage students without adequate sun protection to use shaded or covered areas at recess and lunch times;
- review the school uniform, where practicable, to conform with the Queensland Cancer Fund SunSmart clothing guidelines;
- encourage that, wherever practicable, outdoor activities take place before 10.00am or after 2.00pm (Australian Eastern Standard Time [AEST]);
- ensure that adequate shade is provided at sporting carnivals and other outdoor events;
- encourage students to wear sunglasses for outdoor lessons where it is safe to do so;
- review the SunSmart Policy annually.

## OUR EXPECTATIONS

Students will be encouraged to:

- be aware of the school's SunSmart Policy;
- take responsibility for their own health and safety by being SunSmart;
- use shaded or covered areas, where possible, for outdoor activities;
- comply with SunSmart rules and guidelines by wearing suitable hats, clothing, sunscreen and sunglasses;
- apply SPF 30+ broad-spectrum, water-resistant sunscreen 20 minutes before going outdoors;
- act as positive role models for other students in all aspects of SunSmart behaviour;
- help to design and regularly update the SunSmart Policy;
- participate in SunSmart education programs and initiatives to protect the College population from excessive exposure to the sun.

## SOURCE

Cancer Council – The National Evaluation of Australian Primary Schools Sun Protection Policies and Practices – QLD brief Report October 2017  
BCE SunSmart Policy Guideline September 13, 2011