



SunSmart Safe Policy

The Star of the Sea community recognises the importance of minimising the exposure to the sun of all of its members. In all activities of the school, to the highest practical level, consideration should be given to how best reduce the risk of sun cancer, to raise the awareness of the risk of sun cancer and to reduce its occurrence. We realise 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.

Intent of Policy

The intent of this policy is to clearly communicate to all members of the school, the practices adopted at Star of the Sea to reduce the risk of sun cancer as a result of exposure to the sun while at School.

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.

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.

Skin damage, including skin cancer, is the 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.

Ultraviolet radiation (UVR) levels are highest during the hours that children are at school.

Procedures

In the planning of all activities of the school consideration must be given to sunsmart practices. Risk assessments for excursions and non-routine activities must include exposure to UV

Uniform

Children, when outside the classroom must wear the school hat and on free dress days, a broad brim hat must be worn. Consideration must be given to the safety aspects of hats been worn while playing certain interschool sports.

On free dress days children must wear clothing which protects the shoulders and neck.

No hat no play and on free dress days incorrect clothing no play.

When uniform is being reviewed then it must conform to the current guidelines for sun safety as set out by the Department of Education Manual, Brisbane Catholic Education Handbook and Queensland Cancer Fund.

Sun Glasses

Children are encouraged to wear sun glasses which meet the appropriate Australian Standards. Children should not wear these during contact sports.

Sunscreen

Every classroom has sunscreen dispensers containing an approved 30+ sunscreen and teachers must encourage the children to apply this before leaving the classroom.

Swimming

Children attending an outdoor swimming pool during any school activity must wear a swim shirt or other clothing that covers upper body especially the shoulders. Sunscreen must be applied 20 min prior to activity.

Where possible swimming times should be scheduled in morning or afternoon sessions.

Camps and Excursions

Serious consideration needs to be given to sun safety during camps and excursions. Activities should be designed so as to minimise exposure to the sun. This must be addressed in camp risk assessment.

Sports Carnivals

Shade must be provided for all children.

Hats and uniform need to conform to standards above.

Sunscreen containers must be supplied for each house.

Announcer should remind children each hour to apply sunscreen and teachers need to ensure it is applied by children.

At swimming carnivals, sun shirts need not be worn for competition but children must wear a shirt and hat at all other times when not in the pool.

Staff and Visitors

Staff and parents should provide a good example of sun smart behaviour for the children therefore:

- 30+ sunscreen will be supplied by the school for the use of staff
- Staff must wear broad brimmed hats while outside
- Clothing must ensure that the upper body, especially the shoulders are adequately protected.