

Sun Smart Policy

Saints Peter and Pauls School Bulimba

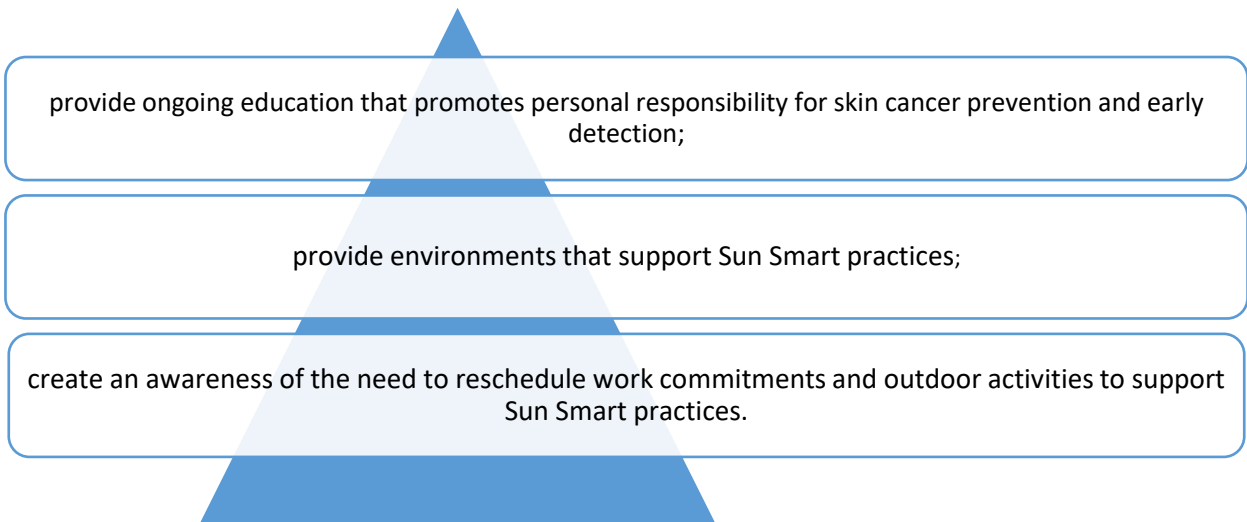


Queensland has the highest rate of skin cancer in the World. Two out of every three Queenslanders will develop some sort of skin cancer in their lifetime. Research suggests that at least two-thirds of all melanomas occurring in Australia could be prevented if children were protected from the sun during 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 aging. Most skin damage and skin damage is therefore preventable.

Ultraviolet radiation (UVR) levels are highest during the hours children are at school. With this in mind Sts Peter and Paul's School realises the need to protect children's skin and educate them about Sun Smart behaviour, thus reducing the risk of skin damage from exposure to the sun.

The purpose of the Sun Smart policy is to ensure that all children attending our school are protected from the harmful effects of the sun throughout the year.

The Policy aims to



Saints Peter and Pauls School will:

- ❖ inform parents of the Sun Smart policy when they enrol their child;
- ❖ increase the amount of shade in the school grounds, where possible, by building shelters and planting trees;
- ❖ incorporate education programmes 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 Sun Smart behaviour;
- ❖ seek ongoing support from parents and the school community for the Sun Smart policy and its implementation, through newsletters, parent meetings etc;
- ❖ ensure that all students and staff wear hats that protect the face, neck and ears, and SPF15 or higher broad-spectrum, water-resistant sunscreen, when involved in outdoor activities;
- ❖ require students without adequate sun protection to use shaded or covered areas at recess and lunch times;
- ❖ review the school's dress code to conform with the Queensland Cancer Fund Sun Smart clothing guidelines;
- ❖ require students to wear a Sun Smart swim shirt when attending school swimming classes;

- ❖ ensure that wherever practicable, outdoor activities take place before 10:00am or after 2:00pm;
- ❖ ensure that adequate shade is provided at sporting carnivals and other outdoor events;

Expectations

Parent Expectations

Parrents and Guardians will:

- provide a Sun Smart hat for their child and ensure that they wear it to and from school. The Queensland Cancer Fund recommends 8-10 cm broad-brimmed or legionnaire style.
- ensure that their child applies SPF 15 or higher broad-spectrum, water-resistant sunscreen 20 minutes before leaving for school
- act as positive role models by practising Sun Smart behaviour

Student Expectations

Students will:

- take responsibility for their own health and safety by being Sun Smart
- comply with Sun Smart rules and guidelines by wearing suitable hats, clothing and sunscreen. The wearing of sunglasses is optional at Our Lady of the Rosary School
- apply SPF 15 or higher 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 Sun Smart behaviour
- participate in Sun Smart education programs; considered and accepted by staff , the P & F Committee.

Application

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