



St Thomas' Camp Hill Sun Smart Policy

St Thomas'
CATHOLIC PRIMARY SCHOOL

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. 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 is therefore preventable.

Ultraviolet radiation (UVR) levels are highest during the hours children are at school. With this in mind, St Thomas' 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.

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:

- provide ongoing education that promotes personal responsibility for skin cancer prevention and early detection;
- provide environments that support Sun Smart practices.
- create an awareness of the need to reschedule work commitments and outdoor activities to support Sun Smart practices.

St Thomas' School will:

- inform parents of the Sun Smart policy when they enrol their child.
- ensure there are sufficient shelters and trees providing shade in the school grounds and play areas.
- incorporate education focus from the Health curriculum around skin cancer prevention.
- encourage all teachers, staff and parents to act as positive role models for children in all aspects of Sun Smart behaviour.
- ensure that all students and staff wear hats that protect the face, neck and ears, and SPF 50 or higher broad- spectrum, water-resistant sunscreen, when involved in outdoor activities.
- require students without adequate sun protection to have access to and use shaded or covered areas at recess and lunch times.
- Look for alternative play spaces on extremely hot days.
- ensure the school's uniform conforms with the Queensland Cancer Fund Sun Smart clothing guidelines.
- require students to wear a Sun Smart swim shirt when attending outdoor school swimming classes/activities.
- promote the Sun Smart policy and its implementation, through newsletters, parent meetings etc.
- ensure that adequate shade is provided at sporting carnivals and other outdoor events for students and staff.

- makes sunscreen available to students and adults as requested
- ensure expectations for sun safety are enforced on special event days such as Free Dress and Colour Run Fun Days etc.

Parents and Carers will:

- provide a Sun Smart hat for their child and encourage their child to wear it to and from school.
- ensure that their child applies SPF 50 or higher broad- spectrum, water-resistant sunscreen before leaving for school.
- act as positive role models by practising Sun Smart behaviour, including when attending school events as a volunteer or spectator.
- inform the school if their child has any allergies to sunscreen and provide an alternative.

Students will be encouraged to:

- 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.
- apply SPF 50 or higher broad-spectrum, water-resistant sunscreen 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.

Monitoring and Review

The school community and staff monitor and review the effectiveness of the SunSmart policy at least once every three years.