



# Policy

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| <b>Policy no:</b>             | #1           |
| <b>Approval date:</b>         | 2016         |
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| <b>Next review date:</b>      | 2018         |
| <b>Author:</b>                | OLHOC School |

## SunSmart Policy

### Purpose

Queensland has one of the highest incidence of skin cancer in the world. The major cause of the common skin cancer is cumulative unprotected exposure to the sun. Research shows that most skin damage occurs during childhood and adolescence. Given that students are at school during peak ultraviolet radiation (UVR) times throughout the day, schools play a key role in minimising UVR exposure to its community.

For all these reasons, the Our Lady Help of Christians School Community realises the importance of protecting children's skin and educate them about SunSmart behaviour, thus reducing the risk of skin damage from exposure to the skin.

### Policy

The policy aims to:

- Raise awareness in all members of the school community, especially our students, of the need to take all precautions to maximise protection from the sun.
- Make every effort to ensure we minimise children's exposure to the harmful effects of the sun – in and out of school hours.
- Support parent's efforts in educating their children around being SunSmart.

### Expectations

This policy therefore will incorporate and encourage the following behaviour and activities within the school community throughout the school year.

Our Lady Help of Christians School will:

- Inform parents through the school website of the SunSmart policy when they enrol their child
- At employment and on an annual basis, staff will be provided with the schools SunSmart policy
- Incorporate education programs that focus on SunSmart behaviours that are age appropriate and promote SunSmart behaviours through parent-school communication.
- Encourage all teachers and staff to act as positive role models for children in all aspects of SunSmart behaviour
- Remind and encourage students on the wearing of hats and other protective clothing, as per the school uniform requirements. Staff to model the wearing of hats for out-of-door activities.
- Ensure that each child wears a broad brimmed hat during the school year for out-of-door activities and reinforce the No Hat-No Play model for those students without a broad brimmed hat.
- Ensure that students will eat morning tea and lunch in shade/under cover areas throughout the school year.
- Provide indoor space for morning and lunchtime play for those students who do not wish to be in the sun.
- Provide SPF 30+ broad spectrum, water resistant in all classrooms, for whole school events, sports events, excursions and out-of-door activities.
- Students will be reminded and highly encouraged to apply sunscreen prior to out-of-door activities.
- Consider all excursions and outdoor activities are planned to cater for the environmental conditions.
- Attempt to provide as much shade as possible at sports carnivals and outside activities.
- Maintain the practice of morning sport time as far as possible.

Parents will:

- Provide a broad brimmed SunSmart hat for their child. An OLHOC broad brimmed hat is available to purchase through uniform providers.
- Ensure their child is wearing the correct school uniform as this provides adequate protection from UVR.
- Ensure their child applies SPF 30+ broad spectrum, water resistant sunscreen 20 minutes prior to leaving school.
- Provide own SPF 30+ broad spectrum, water resistant sunscreen should their child require a specific type of sunscreen. This is to be kept in the child's bag or lunch box for ease of access prior/during play times, sports activities and out-of-door activities. Children will be encouraged to use before little lunch and big lunch, PE, sport and any other outdoor activities.
- Act as positive role models by practising SunSmart behaviour, modelling the wearing of broad brimmed hats for out-of-doors activities and supporting the school's SunSmart policy.

Students will:

- Take responsibility for their own health and safety by being SunSmart. This will be under the guidance of school staff and parents.
- Wear a suitable broad brimmed hat for out-of-door activities. Wear the correct school uniform as per school requirements.
- Apply sunscreen as provided by the school in each classroom, prior to out-of-door activities.
- Act as positive role models for other students in all aspects of SunSmart behaviour.
- Participate in SunSmart education programs.

## Evaluation

Our Lady Help of Christians School Community will review the effectiveness of this policy each year. They will seek to:

- Review the SunSmart behaviour of students, staff, parents and visitors and make recommendations for improvement.
- Assess the provision of shade, covered spaces and out-of-door activities and make recommendations as required.

## Reflection

By implementing this policy the school is ensuring that students' and school community members' potential risk of damage by the sun is minimized.

## See also (Related Policies and Guidelines)

References:

<http://www.qldcancer.com.au/>

<http://www.sunsafety.qld.gov.au/index.aspx>

[http://access.health.qld.gov.au/hid/SkinHealth/SunSafety/ultravioletRadiation\\_ap.asp](http://access.health.qld.gov.au/hid/SkinHealth/SunSafety/ultravioletRadiation_ap.asp)

CES Work Health and Safety Policy