

**ST JOSEPH'S PRIMARY SCHOOL ,  
NAMBOUR**



FIRST PRESENTED - 9.02.2010  
NEXT REVIEW DATE - June 2017

COMPLETED - June 2014

# **GUIDELINES SunSmart**

## **Rationale**

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 is therefore preventable.

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

With this in mind, St Joseph's Primary School 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.

## **Objectives**

The policy aims to:

- Provide ongoing education that promotes personal responsibility for skin cancer prevention and early detection;
- Provide environments that support SunSmart practices; and
- Create an awareness of the need to reschedule outdoor activities to support SunSmart practices.

## **Implementation**

Our school recognises that winter sun also contributes to skin damage. This policy will therefore be implemented throughout the year.

The purpose of this SunSmart policy is to ensure all children attending our establishment are protected from the harmful effects of the sun throughout the year.

Sunglasses may be worn if they comply with the Cancer council's guidelines for schools of being wrap around, close fitting and meet the Australian Standard (1067;2003)

[Link to: Qld Cancer Council - Preventing Skin Cancer](#)

## Our Commitment

### St Joseph's Primary School will:

- Inform parents of the SunSmart policy when they enrol their child;
- Include the SunSmart policy statement in the school's Parent Information Booklet;
- Ensure there are shady areas for students to play in;
- Incorporate education programs that focus on skin cancer prevention into the school curriculum;
- Encourage all staff to act as positive role models for children in all aspects of SunSmart behaviour;
- Ensure all students and staff wear hats that protect the face, neck and ears and SPF 30+ broad-spectrum, water-resistant sunscreen when involved in outdoor activities;
- Seek ongoing support from parents and the school community for the SunSmart Guidelines and its implementation, through newsletters;
- Enforce the school's 'No school hat: no play' rule ;
- Have SPF 30+ broad-spectrum, water-resistant sunscreen available in the classrooms for application by students;
- Ensure the school uniform conforms with The Cancer Council Queensland SunSmart clothing guidelines;
- Ensure a 'rashie' shirt is worn at all swimming lessons and school swimming carnivals;
- Ensure wherever practicable that outdoor activities take place before 10am and after 3pm;
- Ensure adequate shade is provided at sporting carnivals and other outdoor events;
- Ensure SPF 30+ broad-spectrum, water-resistant sunscreen is included in the school's excursion kit;
- Ensure SPF 30+ broad-spectrum, water-resistant sunscreen is included in the school sports kit;
- Review the SunSmart policy annually with a formal review according to the School Board's policy review cycle.

## Our Expectations

### Parents/carers will:

- Provide a school hat for their child and ensure they wear it to and from school (See Uniform Policy).
- Ensure their child applies SPF 30+ broad-spectrum, water-resistant sunscreen 20 minutes before leaving for school;  
Act as positive role models by practising SunSmart behaviour; and
- Support the school's SunSmart policy and help to design and regularly update the policy.

### Students will:

- Be aware of the school's SunSmart policy;
- Take responsibility for their own health and safety by being SunSmart;
- Comply with SunSmart rules and guidelines by wearing the school hat;
- Apply the provided SPF 30+ sunscreen (or as provided by their parents), as required;
- Use shaded or covered areas when outdoors;
- Act as positive role models for other students in all aspects of SunSmart behaviour;
- Help to design and regularly update the SunSmart policy; and
- Participate in SunSmart education programs.

## References

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| St Joseph's School           | - Vision Statement            |
| Cancer Council Queensland    | - SunSmart Policy Guidelines  |
| BCEC Administration Handbook | - Workplace Health and Safety |