



**ST MARY'S  
CATHOLIC  
SCHOOL**  
*Mary Our Help*

## **St Mary's Catholic School SunSmart Policy**

### **Rationale**

Childhood sun exposure is an important contributing risk factor in the development of skin cancer later in life. Teaching sun safety practices to children throughout their learning years helps to shape healthy long term habits (Cancer Council Queensland, 2019).

With this in mind, St Mary's Catholic School understands the need to protect children's skin and educate them about SunSmart behavior, thus reducing the risk of skin damage from exposure to the sun.

### **Regulation**

Therefore our Agreed Practice is:

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

### **SunSmart practices**

#### **The School will:**

- Inform parents of the Sun Smart policy when they enroll their child.
- Include parts of the SunSmart policy statement in the school prospectus.
- Increase the amount of shade in the school grounds, where possible, by building shelters and planting trees
- Incorporate education programs that focus on skin cancer prevention into the school HPE Scope and Sequence.
- Incorporate a focus on sun safety into general daily activities.
- Incorporate sun safety into risk assessments for all outdoor activities and excursions.
- Encourage all teachers, staff and parents to act as positive role models for children in all aspects of SunSmart behavior.

- Seek ongoing support from parents and the school community for the SunSmart policy and its implementation through school website, newsletters and parent meetings.
- Enact the no hat (broad brim), no play policy.
- Ensure the school dress code conforms with the Queensland Cancer Fund SunSmart clothing guidelines.
- Ensure students to wear SunSmart clothing and hats on free dress days and excursions.
- Encourage a SunSmart swimsuit / shirt to be worn during swim times and to ensure swimming facilities provide adequate shade.
- Ensure that, wherever practicable, outdoor activities take place before 10am.
- Ensure that adequate shade is provided at sporting carnivals and other outdoor events.
- Ensure that SPF 30+ broad-spectrum, water-resistant sunscreen is included in the school sport kit.
- Ensure that SPF 30+ broad-spectrum, water-resistant sunscreen is included in each classroom and timely
- reminders are given before lunch times to apply it. Teachers to reinforce how to apply sunscreen effectively (Apply sunscreen liberally)
- Encourage parents/carers to supply their children with SPF 30+ broad-spectrum, water-resistant sunscreen in their bags and to apply it before coming to school each day.
- Review the SunSmart policy regularly

#### **Parents/Carers will:**

- Provide a SunSmart hat (that is, broad brim) for their child and encourage them to wear it to and from school.
- Encourage their child to apply SPF 30+ broad-spectrum, water resistant sunscreen 20 minutes before leaving for school. St Mary's will provide SPF 30+ broad-spectrum, water resistant sunscreen in each classroom and encourage application 20 minutes before outdoor activities.
- Act as positive role models by practicing SunSmart behavior
- 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 SPF 30+ broad-spectrum, water resistant sunscreen 20 minutes before going outdoors.
- Be encouraged to use shaded or covered areas when outdoors.

- Act as positive role models for other students in all aspects of SunSmart behavior.
- Help to design and regularly update the SunSmart policy.
- Participate in SunSmart education program.

**Associated Documents:**

- Sun safety in secondary schools - Department of Education, Training and Employment
- Cancer Council National SunSmart program
- St Mary's School Uniform Policy

**Agreed:**

June 2021