



Sun Smart Policy

School Governance

1. PURPOSE

Sun exposure can pose significant health risks for students and staff, including sunburn, dehydration, eye damage and skin cancer. The Cathedral School realises the need to educate students about positive sun smart behaviour, thus reducing the risk of skin damage from exposure to the sun.

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. The need to provide adequate shade must be balanced with the benefits of sunlight, which assists the body to produce vitamin D which is important for strong bones, muscles and overall health.

2. SCOPE

The purpose of this Sun Smart Policy is to ensure that all students and staff are protected from the harmful effects of the sun throughout the year.

3. POLICY

The Cathedral School is committed to protecting staff and students from the harmful effects of the sun and promoting positive attitudes towards skin protection. This is achieved through:

- Including information about sun safety in regular communication to the school community and staff.
- Conducting activities that promote sun safety amongst students.
- Providing sun safety training and education opportunities.
- Providing shade coverage in external play areas where practicable.
- Ensuring that adequate shade is provided at sporting carnivals and other outdoor events.
- Reminding students to be sun smart throughout the day.
- Providing education around sun safety and the early detection of skin cancer in curriculum.
- Providing a sun safe school uniform using the Cancer Council Qld SunSmart School Uniform & Hat Guidelines.
- Being a part of the Cancer Council Qld National SunSmart Schools & Early Childhood Program.
- Tinting windows on vehicles and buildings where appropriate.
- Participating in relevant health awareness campaigns.
- Integrating sun safety into existing policies, practices, procedures, strategies and guidelines as necessary.



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- Providing SPF 30+ sunscreen for employees who require sun protection as part of their position.

Employee responsibilities:

- To act as positive role models for students in all aspects of sun smart behaviour by:
 - Wearing broad-brimmed or legionnaire styled hats and appropriate clothing for all outdoor activities.
 - Using SPF 30+ or greater broad-spectrum, water resistant sunscreen.
 - Seeking shade whenever possible.
 - Wearing sunglasses.
 - Ensuring that students wear the school hat during lunchbreaks and when doing activities where they are exposed to the sun. Encourage students without adequate sun protection to use shaded or covered areas at recess and lunch time.

Parents/guardian responsibilities

- Provide SPF 30+ or greater broad-spectrum, water-resistant sunscreens for their child's use at home.
- Act as positive role models by practising sun smart behaviour at all times.
- Encourage children to be sun smart at home, not just at school.

Review

This policy will be reviewed biannually by consulting available resources, information and the school community.

Ian Gamack
Principal