

SUNSMART POLICY

School Governance



The Cathedral School
of St Anne & St James
T O W N S V I L L E

1. PURPOSE

Too much of the sun's UV radiation can cause significant health risks for students and staff, including sunburn, skin and eye damage, heat illness and skin cancer. The Cathedral School understands the need to educate students about positive sun smart behavior to reduce the risks present 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

This Sun Smart Policy is in place to ensure that all students and staff are protected from the harmful effects of over-exposure to UV radiation 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 SPF 30+ (or greater) broad-spectrum water-resistant sunscreen and adequate shade is provided at sporting carnivals and other outdoor events.
- Ensuring sun safety clothing, hats and appropriate sunscreen are an integral part of camps and excursions 'what to bring' list
- Reminding students to be sun smart throughout the day.
- Providing education around sun safety and the early detection of skin cancer in the curriculum.
- Providing a sun safe school uniform using Cancer Council Queensland SunSmart School Uniform & Hat Guidelines.
- Partaking in the Cancer Council Queensland 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, risk assessments, strategies and guidelines as necessary.
- Providing SPF 30+ (or greater) broad spectrum water-resistant sunscreen for employees who require sun protection as part of their position.

4. RESPONSIBILITIES

Employees

- 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 when outside.
 - Ensuring that students wear the school hat during lunchbreaks and when undertaking 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.
 - Encourage students to wear hats to and from school as part of their uniform as well as to apply sunscreen to themselves prior to school.

Parents/caregivers responsibilities

- Provide SPF 30+ (or greater) broad-spectrum water-resistant sunscreen for their child's use at home and encourage self-application prior to school.
- Act as positive role models by practicing sun smart behaviour at all times.
- Encourage children to be sun smart at home, not just at school.