Sun Smart Policy

ST JOSEPH'S CATHOLIC SCHOOL MUNDINGBURRA

Reviewed by:	Peta Taylor	Last Review Date:	2026
Approved by:	Peta Taylor	Next Revision Due:	2029

STATEMENT OF POLICY

St Joseph's Catholic School is committed to protecting students from the harmful effects of the sun. We realise the need to protect children's skin and educate them about SunSmart behaviour.

INTRODUCTION

This policy provides guidelines to ensure all students and staff are protected from over-exposure to UV radiation and that students are encouraged and supported to develop independent sun protection skills to help them be responsible for their own sun protection.

RATIONALE

Australia has the highest rate of skin cancer in the world. Statistically, two out of three Queenslanders will develop some sort of skin cancer in their lifetime. Research suggests that at least two-thirds of all melanomas occurring in Australia could be prevented if children were protected from the sun during their first fifteen years. Ultraviolet radiation (UVR) levels are highest during the hours that children are at school.
A sun protection policy encourages schools to minimise the danger of excessive UV radiation exposure and to ensure a healthier environment with long term health benefits for both staff and students. With this in mind, St. Joseph's Catholic School acknowledges that we have a responsibility to educate students and staff and enforce SunSmart behaviour, thus reducing the risk of skin damage from exposure to the sun.

POLICY DIRECTIVE

St Joseph's Catholic School Leadership Team will:

- Inform parents of the SunSmart Policy when they enrol their child/ren.
- Include the SunSmart Policy statement on the school website.
- Continue to ensure that there is an adequate amount of shade in the school grounds, including shelters and shady trees.
- Incorporate education programs that focus on skin cancer prevention into the school HPE curriculum.
- Seek ongoing support from parents and the school community for the SunSmart policy and its implementation through newsletters, emails and parent information evenings.
- Ensure that all students and staff wear hats that protect the face, neck and ears, and SPF 50+ or higher, broad-spectrum, water-resistant sunscreen when involved in outdoor activities.
- Regularly review the school dress code to conform with the Queensland Cancer Fund SunSmart clothing guidelines.
- Ensure that adequate shade is provided at sporting carnivals and other outdoor events.
- Review the SunSmart policy every four years.

Parents/Carers will:

- Provide their child with a St Joseph's Catholic school hat and ensure that they wear it to and from school.
- Ensure that their child applies SPF 50+ or higher, broad-spectrum, water-resistant sunscreen before leaving for school.
- Ensure that their child's clothing provides adequate protection from UVR, particularly on free dress days.
- The Queensland Cancer Fund recommends clothing that has the following features:
  - Dark coloured
  - Collars and sleeves
  - Closely woven fabric
  - Natural Fibre
- Act as positive role models by practising SunSmart behaviour.
- Support the school's SunSmart 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 when outdoors and the correct school uniform.
- Apply SPF 50+ or higher, broad-spectrum, water-resistant sunscreen before school.
- Use shaded or covered areas when outdoors.
- Act as positive role models for other students in all aspects of SunSmart behaviour.
- Participate in SunSmart education programs.
- Play in a covered area at break times if they do not have their hat.
- Reapply sunscreen at breaktimes or before going outside. Sunscreen will be available for students.

Teachers and staff will:

- Be aware of the school's SunSmart Policy.
- Take responsibility for their own health and safety by being SunSmart.
- Comply with SunSmart guidelines by wearing suitable hats, clothes, sunscreen and sunglasses.
- Act as positive role models for students in all aspects of SunSmart behaviour.
- Students who do not have a hat are directed to play in the covered area for the duration of the break.
- Provide SunSmart education programs for children that promote personal responsibility for skin cancer prevention and early detection.
- Provide environments that support SunSmart practices.
- Create an awareness of the need to reschedule outdoor activities to support SunSmart practices, where possible.
- Reminders are given to students to reapply sunscreen at breaktimes or before going outside.

RESOURCES

- Sunsmart website
- Cancer Council website