

# College Guideline

Guideline Title:	St Mary's Catholic College SunSmart Guideline
Approval Date	July, 2025
Next Review Date:	July, 2027
Author:	Deputy Principal

## Title: SunSmart Guideline

### Purpose

This guideline is tailored for St Mary's Catholic College, Woree, within the Diocese of Cairns and is designed to support student wellbeing, meet Queensland education standards, and reflect Catholic values of caring for self and others.

At St Mary's Catholic College Woree, we are committed to providing a safe and supportive environment where all students can learn, grow, and thrive. Given our location in Far North Queensland, we recognise the importance of protecting our College community from the sun's harmful ultraviolet (UV) radiation. This SunSmart Guideline aims to reduce the risk of skin damage and to promote lifelong sun safety habits in accordance with the Queensland SunSmart Schools framework and the values of the Diocese of Cairns.

### Rationale

Australia, and specifically, Queensland, has one of the highest rates of skin cancer in the world. Prolonged exposure to the sun's UV radiation during childhood and adolescence significantly increases the risk. As part of our duty of care, St Mary's seeks to educate and protect students and staff through responsible sun protection practices.

### Guideline

#### 1. Hats

- 1.1. All students must wear the College approved bucket hat or cap when outdoors during school hours.
- 1.2. "No Hat, Play in the Shade" practices will always be enforced.
- 1.3. Hats are to be worn during recess and lunch, outdoor lessons, sports activities, and throughout excursions and camps.
- 1.4. The College encourages families to do the same.

#### 2. Clothing

- 2.1. Students must wear the full College uniform, which includes sun protective shirts with collars and sleeves.
- 2.2. Physical Education (PE) uniforms are to include tops that cover shoulders and midriffs.
- 2.3. Swim shirts or rash vests must be worn during water based activities such as swimming carnivals or water sports.

#### 3. Sunscreen

- 3.1. SPF 30+ (or higher) broad spectrum, water resistant sunscreen should be applied at least 20 minutes before going outdoors.
- 3.2. Sunscreen is available in Student Reception and at the Sports Office.
- 3.3. Students will be encouraged and reminded to reapply sunscreen during prolonged outdoor events (e.g. sports days).
- 3.4. The College encourages families to do the same.



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## 4. Shade

- 4.1. Students are encouraged to use shaded areas during outdoor activities and during breaks, where possible.
- 4.2. Outdoor events will be planned where possible to maximise the use of shaded areas or temporary shade structures. The College will continually assess and improve the availability of shade through trees, shelters, and other infrastructure.
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## 5. Curriculum and Education

- 5.1. Sun safety education will be incorporated into appropriate curriculum programs.
- 5.2. Students will learn about the importance of sun protection and how to adopt sun safe behaviours for life.

## 6. Staff and Role Modelling

- 6.1. Staff are expected to:
  - 6.1.1. Wear sun safe clothing and hats or to carry umbrellas whilst outdoors.
  - 6.1.2. Use sunscreen and model responsible sun safety behaviours.
  - 6.1.3. Actively supervise students to enforce these guidelines.

## 7. Excursions and Outdoor Events

- 7.1. All College organised outdoor activities will:
  - 7.1.1. Comply with SunSmart practices.
  - 7.1.2. Require students to wear hats, sun safe clothing, and apply sunscreen.
  - 7.1.3. Where possible, be scheduled outside peak UV radiation times (10:00 am to 3:00 pm).

## 8. Communication

- 8.1. Sun safety reminders will be included in:
  - 8.1.1. Pastoral Bulletins.
  - 8.1.2. Family communications.
  - 8.1.3. Student assemblies – students will be encouraged to take ownership of responsibilities for their own sun safety.
  - 8.1.4. Parents and carers will be encouraged to support sun safe practices at home.

## Review and Evaluation

These guidelines will be reviewed every two years or in response to updated advice from Queensland Health or the Catholic Education Diocese of Cairns.

Feedback will be gathered from staff, students, and parents to ensure the policy remains effective and relevant.