

OUR LADY OF DOLOURS

Sun Smart Policy



Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer in later life. Australia has one of the highest rates of skin cancer in the world, with two in three Australians developing some form of skin cancer before age 70. Ultraviolet radiation (UVR) levels are highest during the hours that children are at school. With this in mind, Our Lady of Dolours School realises the need to protect children's skin and educate them about SunSmart behaviour, thus reducing the risk of skin damage from exposure to the sun.

Purpose

Our Lady of Dolours understands the need to protect children's skin and educate them about SunSmart behaviour, thus reducing the risk of skin damage from exposure to the sun.

The policy aims to:

- ensure the outdoor environment provides sufficient shade for students and staff
- ensure students are encouraged and supported to develop independent sun protection skills to help them be responsible for their own sun protection
- encourage the scheduling of work commitments and outdoor activities to support SunSmart practices thus minimising exposure to harmful UV for students, staff and visitors.

Our Commitment at Our Lady of Dolours

Environment

- Increase the amount of shade in the school grounds, where possible, by building shelters and planting trees
- Students who do not have appropriate hats or outdoor clothing are asked to play in the shade or a suitable area protected from the sun.
- Ensure that adequate shade is provided at sporting carnivals and other outdoor events

Behaviours

- Encourage all teachers and staff to act as positive role models for children in all aspects of SunSmart behaviour
- Ensure that all students and staff wear hats that protect the face, neck and ears, and encourage the application of SPF 50 or higher, broad-spectrum, water-resistant sunscreen, when involved in outdoor activities
- Encourage students without adequate sun protection to use shaded or covered area at recess and lunch times
- Ensure that, wherever practicable, outdoor activities take place before 10am or after 2pm (Australian Eastern Standard Time [AEST])
- Students can only participate in swimming if they are wearing a Rashie or sun safe swimmers with sleeves
- Encourage families to purchase sunscreen that is eco-friendly and made from sustainable products.

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Learning and awareness

- Inform parents of the SunSmart policy when they enrol their child
- Include the SunSmart policy statement in the school prospectus
- Where possible, incorporate education programs that focus on skin cancer prevention and sun safe practices into the Health curriculum
- Seek ongoing support from parents and the school community for the SunSmart policy and its implementation, through newsletters, parent meetings etc.
- Monitor and review
- Review the school uniform to conform with the Queensland Cancer Fund SunSmart clothing guidelines
- The SunSmart policy is available to staff, students, families and visitors
- Review the SunSmart policy annually

School Recommendations

We recommend that Parents/carers will:

- Provide a SunSmart hat for their child and ensure that they wear it to and from school. The Queensland Cancer Fund recommends the following hats (8-10cm broad-brimmed)
- Ensure that their child applies SPF50 or higher, broad-spectrum, water-resistant sunscreen 20 minutes before leaving for school
- Ensure that their child's clothing provides adequate protection from UVR. 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 suitable hats, clothing, sunscreen and sunglasses (if preferred)
- Supply and apply SPF50 broad-spectrum, water-resistant sunscreen before school and as prescribed by their sunscreen application instructions
- Act as positive role models for other students in all aspects of SunSmart behaviour
- Participate in SunSmart education programs.