



St Sebastian's Sun Safe Policy

RATIONALE

Queensland has the highest rate of skin cancer in the world. Two out of every 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 15 years.

Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Research shows that severe sunburn contributes to skin cancer and other forms of skin damage such as sunspots, blemishes and premature ageing. Most skin damage and skin cancer is therefore preventable.

Ultraviolet radiation (UVR) levels are highest during the hours that children are at school.

With this in mind at *St Sebastian's School* we realise the need to protect children's skin and educate them about Sun Safe behaviour, thus reducing the risk of skin damage from exposure to the sun.

AIMS

The policy aims to:

- Provide ongoing education that promotes personal responsibility for skin cancer prevention and early detection.
- Provide environments that support Sun Safe practices.
- Create an awareness of the need to consider our work commitments and outdoor activities to support Sun Safe practices.

PROCEDURES

At *St Sebastian's School* we recognise that winter sun also contributes to skin damage. The implementation of this policy will therefore be conducted throughout the year.

The purpose of the Sun Safe policy is to ensure that all children attending our school are protected from the harmful effects of the sun throughout the year.

OUR COMMITMENT

At *St Sebastian's School* we will:

- inform parents of the Sun Safe policy when they enrol their child
- include the Sun Safe policy statement on the school website
- increase the amount of shade in the school grounds, where possible, planting trees and building appropriate shelters
- incorporate in our school rules focus on sun safety into the school curriculum
- encourage all teachers and staff to act as positive role models for children in all aspects of Sun Safe behaviour
- ensure that all students and staff wear hats or use umbrellas that protect the face, neck and ears, and are provide with an SPF 15 or higher, broad-spectrum, water-resistant sunscreen, if they choose to use it, when involved in outdoor activities
- encourage students without adequate sun protection to use shaded or covered areas at recess and lunch times
- review the school uniform to conform with the Queensland Cancer Fund Sun Safe clothing guidelines
- ensure that adequate shade is provided at sporting carnivals and other outdoor events

OUR EXPECTATIONS

Parents/carers at *St Sebastian's School* 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:
 - 8-10 cm broad-brimmed
 - legionnaire-style
- when using sun screen it is a SPF15 or higher, broad-spectrum, water-resistant sunscreen and is applied 20 minutes before exposure to the sun
- ensure that their child's clothing provides adequate sun protection. 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 Sun Safe behaviour
- support the school's Sun Safety policy and help to update the policy.

Students at *St Sebastian's School* will:

- be aware of the school's Sun Safety policy
- take responsibility for their own health and safety by being Sun Safe
- comply with Sun Safe rules and guidelines by wearing suitable hats, clothing, and use sunscreen and sunglasses if they choose.
- act as positive role models for other students in all aspects of Sun Safe behaviour
- help to design, educate and regularly update the School's Sun Safe policy

