



**St Pius X Primary School**  
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## **Sun Safety (Sun Smart) 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 **St Pius X Salisbury 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. Our school recognises 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 Safety policy is to ensure that all children attending our school are protected from the harmful effects of the sun throughout the year.

### **Aims**

The policy aims to:

- provide ongoing education that promotes personal responsibility for skin cancer prevention and early detection.
- provide environments that support SunSmart practices.
- create an awareness of the need to reschedule work commitments and outdoor activities to support SunSmart practices.

At St Pius X School we acknowledge the dangers of the over exposure to the sun and provide practical and effective ways of further enhancing sun protection for students through the educational programmes of the school.

### **Procedures**

The following procedures apply:

- Shaded areas are provided in the school for children to eat lunch and play in at lunch time (undercover area, eating areas and shady trees). Students without adequate sun protection are required to eat and play in the undercover area.
- Shaded areas are provided during longer periods outdoors (e.g. large tents for athletics carnivals, cross country carnivals).
- No hat! No outdoor play! All children are expected to wear their broad-brimmed school hats any time they are outdoors.
- The application by parents and students of a SPF 15+ broad spectrum sunscreen on uncovered areas of the skin, such as the face and the back of hands, is encouraged. Students are reminded to reapply sunscreen 20 minutes before going outdoors. The use of sunglasses is encouraged.
- We ensure that, wherever practicable, outdoor activities take place before 10am or after 3pm.
- A rash shirt is required as part of the swimming requirements.
- Parents, teachers, ancillary staff and voluntary helpers act as role models for students in relation to sun protection strategies. All staff are required to wear broad brimmed hats and sunscreen whilst on duty.

- All year levels provide effective educational programs on sun sense and preventive measures.
- Reminders about sun protection are given through the school newsletter and at parent information evenings.
- Parents are informed of the SunSmart policy when they enrol their child.

### **Our expectations**

#### Parents/carers will:

- provide the broad-brimmed school hat (SunSmart) for their child and ensure that they wear it to and from school.
- ensure that their child applies SPF15 or higher, broad-spectrum, water-resistant sunscreen 20 minutes before leaving for school.
- ensure that their child's clothing (both school uniform and on 'free- dress days') 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 and help to contribute to and regularly update the 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.
- apply SPF 15 broad-spectrum, water-resistant sunscreen 20 minutes before going outdoors.
- act as positive role models for other students in all aspects of SunSmart behaviour.
- help to design and regularly update the SunSmart policy.
- participate in SunSmart education programs.