



SunSmart Protection Policy

Procedure No:	
Approved Date:	Draft 2024
Previous Review Date:	March 2017
Next review date:	2028
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Reflection

In the College's daily life, the ways in which people interact with each other significantly affect each person's sense of self-worth, belonging and wellbeing. The fostering of high-quality interpersonal relationships (in Faith, Hope, & Love) among students, staff, and families is a responsibility shared by everyone.

"In short, there are three things that last: Faith, Hope and Love". (1 Corinthians 13:13)

Purpose

Catholic schools accept that they have a responsibility to their students and will put into action all necessary procedures to afford students with protection through Sun Smart / Sun Safety practices.

Queensland has the highest rate of skin cancer in the world. Of all new cancers diagnosed in Australia each year, 80 per cent are skin cancers. Research indicates childhood sun exposure is an important contributing factor to the development of skin cancer in later life. Given students are at school during peak ultraviolet radiation (UVR) times throughout the day, between 10am and 3pm, schools play a key role in both minimising a student's UVR exposure and providing an environment where policies and procedures can positively influence student behaviour.

Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Research shows 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 hour's children are at school. As children will spend a portion of their day outdoors, we are committed to protecting them from the harmful effects of the sun.

MacKillop Catholic College 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.

Policy

The policy aims to:

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

Our school recognises that winter sun also contributes to skin damage. This policy will therefore be implemented throughout the year.

The purpose of this SunSmart policy is to establish practices to encourage all children attending our establishment protects themselves from the harmful effects of the sun throughout the year.

Rationale

MacKillop Catholic College will:

- Inform parents of the SunSmart policy when they enrol their child;
- Include the SunSmart policy statement in the school prospectus;
- Increase the amount of shade in the school grounds, where possible, by building shelters and planting trees;
- Incorporate education programs that focus on skin cancer prevention into the school curriculum;
- Encourage all teachers and staff to act as positive role models for children in all aspects of SunSmart behaviour;
- Seek ongoing support from parents and the school community for the SunSmart policy and its implementation, through newsletters and parent meetings;
- It is expected that all students and staff wear hats that protect the face, neck and ears and SPF 30+ broad-spectrum, water-resistant sunscreen 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 dress code to ascertain conformity with The Cancer Council Queensland SunSmart clothing guidelines;
- Encourage the wearing of SunSmart attire when participating in College activities (eg. Swimming, camps, excursions);
- Provide adequate shade at sporting carnivals and other outdoor events;
- Provide SPF 30+ broad-spectrum, water-resistant sunscreen is included in the school sports activity kit;
- Recommend that parents provide SPF 30+ broad-spectrum, water-resistant sunscreen for their child each year and review the SunSmart policy annually.

Outcomes/Expectations

Parents/carers will:

- The Cancer Council Queensland recommends broad brimmed that provides good protection for the face, nose, neck and ears, which are common sites for skin cancers (caps and visors do not provide adequate protection); the MCC hats conform. Provide a College hat for their child and ensure they wear it to and from school.
- Ensure their child applies SPF 30+ broad-spectrum, water-resistant sunscreen 20 minutes before leaving for school; roll-on sunscreen is included in school requirements lists.
- Ensure their child wears their SunSmart College uniform which provides adequate protection from UVR. The Cancer Council Queensland recommends clothing with the following features:
 - dark coloured;
 - collars and sleeves; and
 - closely woven fabric - natural fibre.
 - Act as positive role models by practising SunSmart behaviour; and

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 College uniform and hat (and SunSmart attire during activities and excursions);
- Apply SPF 30+ broad-spectrum, water-resistant sunscreen 20 minutes before going outdoors;

- 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.

Enquiries

Enquiries can be directed to the following College staff:

- Primary – Classroom Teacher/HPE Teacher
- Secondary - Heads of Year and Heads of Department – HPE/Sport
- MacKillop Assistant Principal – Administration (WHS Officer)

Contact us via the College email – office.mountpeter@cns.catholic.edu.au

Related Directives, Policies and Procedures

<https://cancerqld.org.au/cancer-prevention/sun-protection/>

<https://www.health.qld.gov.au/newsroom/news/health-experts-the-hot-tip-for-sun-safety-advice>

<https://www.health.qld.gov.au/public-health/industry-environment/environment-land-water/sun-safety-in-outdoor-settings>