QUEENSLAND HAS THE HIGHEST RATE OF SKIN CANCER IN THE WORLD. BECAUSE THE LINK BETWEEN THE SUN AND SKIN CANCER HAS BEEN CLEARLY ESTABLISHED, OUR SCHOOL INTENDS TO PROMOTE A POSITIVE ENVIRONMENT IN SUPPORT OF SUNSMART BEHAVIOURS. OF ALL NEW CANCERS DIAGNOSED IN AUSTRALIA EACH YEAR, 80% ARE SKIN CANCERS. RESEARCH INDICATES THAT CHILDHOOD SUN EXPOSURE IS AN IMPORTANT CONTRIBUTING FACTOR TO THE DEVELOPMENT OF SKIN CANCER IN LATER LIFE. GIVEN THAT STUDENTS ARE AT SCHOOL DURING PEAK ULTRAVIOLET RADIATION TIMES THROUGHOUT THE DAY AND THAT MOST SKIN CANCERS ARE PREVENTABLE, SCHOOLS PLAY A MAJOR ROLE IN BOTH MINIMISING STUDENT’S EXPOSURE AND PROVIDING AN ENVIRONMENT WHERE POLICIES AND PROCEDURES CAN POSITIVELY INFLUENCE STUDENT BEHAVIOUR.

QUEENSLAND CANCER FUND: SCHOOLS SUNSMART POLICY GUIDELINES.

OUR LADY OF MOUNT CARMEL SCHOOL WILL ENSURE THAT EVERY REASONABLE EFFORT WILL BE MADE TO PROTECT STUDENTS FROM THE HARMFUL EFFECTS OF THE SUN WHILE ATTENDING SCHOOL ACTIVITIES.

1. PROMOTE SUNSMART BEHAVIOURS AS NORMAL SCHOOL PRACTICE.
   - Students wear either a broad-brimmed hat or legionnaire hat when outdoors
   - “No hat no play” rule for break times. Students without hats go to the undercover area.
   - All students eat lunch in full shade
   - Students are encouraged to wear sunglasses
2. PLAN TO MAXIMIZE THE AVAILABILITY AND USE OF SHADE IN THE SCHOOL GROUNDS.
   - A planned Physical Education covered area is to be built in 2006
   - Large, portable shade covers are used for sports carnivals
3. INCORPORATE EDUCATIONAL PROGRAMS ABOUT SUN SAFETY INTO SCHOOL CURRICULUM.
4. CONTINUE TO RAISE COMMUNITY AWARENESS THROUGH EDUCATION.
5. ENCOURAGE ALL STAFF AND PARENTS TO BE GOOD SUNSMART MODELS.
   - Staff are strongly encouraged to wear hats outdoors and hats and
umbrellas are available in the staffroom
- Parents are actively encouraged to wear hats to school

6. **Encourage and support students to use sunscreen**
- Students are encouraged to come to school wearing sunscreen
- SPF 30+ broad spectrum water resistant sunscreen is available for staff and students at sports carnivals and for outside activities
- Sunscreen is on the school booklist (roll-on is recommended) and students are encouraged to keep it in their school bags
- Students are reminded to apply sunscreen before going out to lunch
- Sunscreen is available to buy at the school office

7. **Where possible, timetable outdoor activities to maximize use of shade**

8. **Review school uniform requirements to include sun safe standards and options.**
   - Uniform includes broad-brimmed hat or legionnaire hat
   - Shirts have sleeves with collars
   - Closely woven, dark, natural fibre fabrics are part of the school uniform
   - Sunsmart swim shirts are worn at all swimming lessons

9. **Publish the Sunsmart Policy in all handbooks.**

10. **Review policy on an annual basis.**