



Our Lady of Mt Carmel School COORPAROO

By prayer and action we follow Christ

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Sun Smart Policy

Our Commitment

Our Lady of Mt Carmel will:

- continue to monitor and 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, parent meetings, social media.
- ensure that all students and staff wear hats that protect the face, neck and ears.
- encourage all students and staff to apply SPF30 or higher broad-spectrum, water-resistant sunscreen, when involved in outdoor activities
- require students without adequate sun protection to use shaded or covered areas at recess and lunch times
- review the school's dress code to conform with the best practice clothing guidelines
- encourage parents to purchase SunSmart swimsuit as part of the school uniform – Rash shirts are mandatory
- ensure that wherever practicable, outdoor activities take place before 10.00am or after 3.00pm
- ensure that adequate shade is provided at sporting carnivals and other outdoor events
- Employees are to wear SunSmart hats, clothing and sunglasses, apply SPF30+ sunscreen, and seek shade wherever possible.
- review the SunSmart policy every 3 years.

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 aging. Most skin damage and skin damage is therefore preventable. Ultraviolet radiation (UVR) levels are highest during the hours children are at school.

Our Lady of Mt Carmel 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.

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.

Our Expectations

Parents / carers will:

- provide a SunSmart hat for their child and ensure that they wear it to and from school.
- ensure that their child applies SPF 30 or higher broad-spectrum, water-resistant sunscreen 20 minutes before leaving for school
- ensure that their child's clothing provides adequate protection from UVR.
- act as positive role model by practising SunSmart behaviour
- support the school's SunSmart policy and help to design 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 Uniform guidelines by wearing suitable hats, clothing and sunscreen. The wearing of sunglasses is optional at Our Lady of Mt Carmel – they can be purchased at the office.
- apply SPF 30 or higher broad-spectrum, water-resistant sunscreen 20 minutes before going outdoors
- use shaded or covered areas when outdoors where possible
- 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.