



St Benedict's College

SunSmart Policy Statement

RATIONALE

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. Given students are at school during peak ultraviolet radiation (UVR) times throughout the day, between 10am and 3pm, schools play a major 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 hours 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.

With this in mind St Benedict's 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.

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; and
- Create an awareness of the need to, where possible, reschedule work commitments and outdoor activities to support SunSmart practices.

PROCEDURES

Our College 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 ensure all children attending our College are protected from the harmful effects of the sun throughout the year.

Our Commitment

St Benedict's College will:

- Inform parents of the College's SunSmart policy when they enrol their child;
- Include the SunSmart policy statement in the College website; enrolment pack; parent portal
- Increase the amount of shade in the College grounds, where possible, by building shelters and planting trees;
- Incorporate education programs that focus on skin cancer prevention into the College curriculum;
- Encourage all teachers and staff to act as positive role models of SunSmart behaviour;
- Seek ongoing support from parents and the College community for the SunSmart policy and its implementation, through newsletters and parent meetings;



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- Encourage all students and staff to wear hats that protect the face, neck and ears and SPF 50+ 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;
- Ensure the College's dress code conforms with The Cancer Council Queensland SunSmart clothing guidelines;
- Ensure wherever practicable that outdoor activities take place before 10am and after 2pm;
- Ensure adequate shade is provided at sporting carnivals and other outdoor events;
- Encourage the wearing of sunglasses for outdoor activities where practicable;
- Ensure SPF 50+ broad-spectrum, water-resistant sunscreen is included in the College Sports Kit and First Aid Kits;
- Review the SunSmart policy annually.

Our Expectations

Students will:

- Be aware of the College's SunSmart policy;
- Use shaded or covered areas where practical when outdoors;
- Take responsibility for their own health and safety by being SunSmart;
- Comply with SunSmart guidelines by wearing suitable hats, clothing, sunscreen and sunglasses;
- Apply SPF 50+ broad-spectrum, water-resistant sunscreen 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; and
- Participate in initiatives to protect the College population from excessive exposure to the sun.

Endorsed by the SBC College Board and reviewed 20 October 2020.

Next review date: September 2021.