



Related Policies

St Clare's College:

Pastoral Care

First Aid

Medical Welfare of Students

Excursions

Catholic Education Archdiocese of Canberra and Goulburn:

Medical Welfare of Students

Rationale/Purpose

Australia has the highest rate of skin cancer in the world. It is estimated that more than 75% of all skin cancers could be prevented by practicing sun protection in early childhood and adolescence (Australian Cancer Council). Exposure to harmful ultraviolet radiation from the sun during childhood and adolescence is a major contributory factor in the later development of skin cancer. Levels of ultraviolet radiation are particularly high in Canberra owing to our altitude, clear air and long hours of daily sunshine.

The purpose of the Sun Smart Policy is to:

- Increase student and community awareness of skin cancer
- Assist students to develop strategies that encourage responsible decision making about skin protection, including not sun baking
- Work towards a safe school environment that provides shade for students and staff wherever possible
- Encourage students, parents, teachers, and staff to wear protective clothing, sunglasses, hats and sunscreen during lunch times, sports, excursions and camps
- Provide information to parents about the school's Sun Smart policy.

Students at St Clare's College are responsible for their own protection against sun damage but are actively encouraged by staff to protect their skin against the sun's ultraviolet rays wherever possible during school time and school activities. This Sun Smart Policy documents our sun protection practices. These practices will be applied to all school activities including sports carnivals, excursions and camps.

Policy

St Clare's College adheres to the Catholic Education Archdiocese of Canberra and Goulburn's Sun Smart Policy. This policy can be accessed via the following link.

<https://intranet.cg.catholic.edu.au/formandpolicies/Lists/Policies%202015/Attachments/44/Sun%20Smart%20Policy.pdf?Web=1>

Procedures

The following multi-faceted approach managing sun protection will be utilised.



Curriculum

Sun protection and skin cancer awareness programs are incorporated into the Health and Physical Education areas of the school curriculum.

Sunscreen Use

Students and staff are encouraged to apply SPF 30+ broad-spectrum water-resistant sunscreen regularly e.g. prior to school, before lunch, PE lessons, sports, excursions etc.

Sunscreen is available from the gymnasium, staffroom and first aid office.

Protective Clothing

Students are encouraged to wear the College hat or sports cap whenever they are outside, but particularly for organised outdoor activities such as sports carnivals. The sports cap is part of the Physical Education uniform and students are expected to wear it for all outdoor lessons. There is an assessment component in Physical Education that relates to wearing hats and general sun protection behaviour.

Staff are encouraged to wear hats for all outdoor activities, including yard duty.

Students are encouraged to wear tops with sleeves.

Sport and Physical Education

Sunscreen is included in the teacher's equipment for outdoor sport and PE classes.

The use of indoor and shade facilities will be maximised whenever possible.

On many occasions for sports days staff take out portable shade shelters which they use as a team "base". On Athletics Carnival and Heart Health Challenge days there is a roving sunscreen person who dispenses sunscreen. Regular reminders to apply sunscreen are announced over the PA system on these days.

Promotion/Reinforcement of Sun Smart Message

Students will be actively involved in initiatives by the SRC to promote the protection of the school community from over exposure to the sun.

The Sun Smart policy will be placed on the school's intranet for all students and staff; and new staff will be informed of the policy.

The Sun Smart policy will be placed on the school's website for the school community.

A Sun Smart promotion will be included in the student diary each year.

Up to date information will be maintained on Sun Smart resources and policy guidelines via The Cancer Council.

Sun protection will be promoted throughout the year via the school newsletter, assemblies, student and staff Tidings, parent and staff meetings and whole school activities.

Camps and Excursions

Hats, sunglasses, sun protective clothing and sunscreen are included on the items list for camps and excursions as required.

Shade

The school is working towards increasing and/or maintaining shade in its grounds, particularly in areas where students congregate e.g. lunch, canteen and quad areas. Students and staff are encouraged to use the shaded areas.



Occupational Health and Safety

Consideration is given to sun protection for all teachers/staff involved in outdoor activities, including yard duty. Physical Education and sport teachers are strongly encouraged to take appropriate sun protection measures when supervising activities outdoors.

When enrolling a student, parents will be:

Required to purchase the regulation school cap for Physical Education classes and encouraged to purchase the College's broad rim hat.

Encouraged to provide SPF 30+ broad spectrum water resistant sun screen for their daughter's use at school.

References

ACT Cancer Council: <http://www.actcancer.org/sun-smart/resources.aspx>

ACTDET: http://www.det.act.gov.au/publications_and_policies/policy_a-z

Approved by:	Executive
Implementation date:	2011
Revision date:	2016
St Clare's Contact Officer	Assistant Principal Pastoral Care