



## SunSmart Policy

### Purpose:

Skin cancer is the most common cancer diagnosed in Australia. More than 430,000 Australians are treated a year for skin cancers. Of these, over 10,500 new cases of melanoma are diagnosed. Each year there are around 1850 deaths from melanoma and non-melanoma skin cancer. Australia and New Zealand have the highest rates of skin cancer in the world.

The major cause of skin cancer is too much exposure to ultraviolet (UV) radiation from the sun. Skin can burn in as little as 15 minutes in the summer sun so it is important to protect your skin from UV radiation.

As students are at school during times when UV radiation levels are highest, schools play a major role in minimising students' UV exposure.

The SunSmart policy has been adopted to ensure that all staff and students attending Lumen Christi Catholic College are protected as far as possible from skin damage caused by UV radiation from the sun. This policy is to be implemented throughout the year but with particular emphasis from September through to April when UV radiation is at its strongest.

### Objectives:

- Increase student and community awareness of skin cancer
- Assist students to develop strategies that encourage responsible decision making about skin protection.
- Work towards a safe school environment that provides shade for students and staff.
- Encourage students, parents and staff to wear protective clothing, hats and sunscreen during high risk times such as lunch times, sports, excursions and camps.
- Ensure that parents are informed of the College's SunSmart policy.

### Implementation:

#### Curriculum

- Sun protection and skin cancer awareness are incorporated into the Personal Development, Health and Physical Education (PDHPE) and Science key learning areas of the College curriculum.

### **Uniform/Clothing**

- When students are in summer uniform (September to April) a College hat is to be worn for all outdoor activities unless in a shaded area.
- During this time of the year staff are required to wear broad-brimmed hats for outdoor activities including playground duty.
- During this time of the year parents are encouraged to wear broad brimmed hats when participating in or attending outdoor College activities.

### **PDHPE and Sport**

- A College hat is part of the PE uniform throughout the year. A hat must be worn for all outdoor PE and sporting activities. A College sports cap is permitted only when wearing the College sports uniform.

### **Sunscreen**

- From September to April students and staff are actively encouraged to apply SPF 30+ broad spectrum water resistant sunscreen regularly eg. prior to school, at lunchtime, PE lessons, sport, excursions etc.
- Sunscreen will be available from the Heads of House (Room 102) and the PDHPE Department (room 401).

### **Camps and Excursions**

- Broad brimmed hats, sun protective clothing and sunscreen are included on the items list for all camps and excursions.

### **Shade**

- The College has markedly increased the amount of shade provided to students and will continue to ensure the provision of shade in the building program.
- Students and staff are actively encouraged to use the shaded areas.

### **Occupational Health and Safety**

- The NSW Occupational Health and Safety Act (2000) applies to all workplaces and outlines the occupational health and safety of all employers and employees. Consideration is given to sun protection for all staff involved in outdoor activities, including playground duty.

### **Promotion of the SunSmart message**

- Students will be actively involved in initiatives to protect the College community from over exposure to the sun.
- Sun protection will be promoted throughout the year for events such as sporting carnivals and Lumen Day via the various forms of communication.

### **Evaluation:**

The Heads of House and the Student Representative Council (SRC) will review the effectiveness of this policy each year. They will:

- Review the SunSmart behaviour of students, staff and parents visiting the College.
- Assess the provision of shade in the College.
- Assess use of shade by students and staff.

- Check plans for future buildings and grounds with regard to shade provision.
- Evaluate and update SunSmart protection and the skin cancer component of the curriculum.

**References:**

Cancer Council website – “Be Sun Smart”

[http://www.cancer.org.au/Healthprofessionals/patientfactsheets/Lifestyle/Be\\_sunsmart.htm](http://www.cancer.org.au/Healthprofessionals/patientfactsheets/Lifestyle/Be_sunsmart.htm)

**Forms:**

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**Issuing Group:** Lumen Christi Catholic College Leadership Team

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