

## SUN SMART POLICY

	Fairholme College (Toowoomba ) Pty Ltd ABN 78 096 814 130 CRICOS Provider Code 00651J		
<b>Purpose</b>	<p>This policy aims to provide ongoing education to Staff and Students that promotes personal responsibility for skin cancer prevention and early detection. Therefore reducing the risk of skin damage from exposure to the sun and ensuring a healthy UV exposure balance.</p> <p>The College provides an environment that supports sun-smart practices within the College Community. This includes the need to reschedule work commitments and outdoor activities, if necessary, to support these ideologies.</p>		
<b>Scope</b>	Applies to all of Fairholme College Community.		
<b>References</b>	Community Code of Conduct Sun Smart Program by Cancer Council Australia		
<b>Policy Type</b>	Public		
<b>Policy Location</b>	College Website		
<b>Version</b>	3.0		
<b>Supersedes</b>	All previous versions of this policy		
<b>Policy Owner</b>	Leadership Team		
<b>Review Date</b>	3 September 2015	<b>Next Review Date</b>	5 September 2017
<b>Authorised By</b>	Leadership Team	<b>Date of Authorisation</b>	

### Rationale

Queensland has the highest rate of skin cancer in the world. Of all new cancers diagnosed in Australia each year, 80% are skin cancers<sup>1</sup>. 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 (UVR) times throughout the day, schools play a major role in both minimising students' 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 that 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 (UV) levels are highest during the hours that 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 while ensuring that they receive a healthy level of Vitamin D. Vitamin D is essential for healthy bones and muscles, and for general health,

With this in mind, Fairholme College realises the need to protect students' skin and to educate them about sun-smart behaviour, thus reducing the risk of skin damage from exposure to the sun and, supporting them to develop independent sun protection skills.

### Uniform and Outdoor Requirements

Students who are outside in the sun during breaks must wear a hat, irrespective of the time of year. Students coming to and from College must wear the College Panama. On occasions when students are requested to wear sports uniform to school, then the Sports Hat replaces the Panama. Children in Kindy and Prep wear the College sports hat.

When students are in College uniform, on College grounds, it is permissible to wear either the Panama or sports hat.

When the students are outdoors and in Sports Uniform, regardless of the venue, they must wear the College sports hat.

In the Junior School, the policy is '**No Hat – No Play**'. Students are required to wear the College sports hat. Students should also be aware of the importance of wearing sunscreen when out in the sun. Students apply their own sunscreen when outdoors for any length of time.

**This philosophy carries through to the Middle and Senior Schools where it is made clear that a hat is required whenever not in a classroom or similar venue.**

### Our Commitment

Fairholme College will:

- inform parents of the College's Sun-Smart Policy when they enrol their child
- include the Sun-Smart Policy on the College website
- encourage students to access shaded areas in the College grounds, where possible

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<sup>1</sup> Cancer Council Australia. *Skin Cancer statistics and issues*. January 2015

- encourage students without adequate sun protection to use shaded or covered areas at recess and lunch times
- 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 sun smart behaviour
- seek ongoing support from parents and the College community for the Sun-Smart Policy and its implementation, through newsletters etc.
- request that all students and staff wear hats when involved in outdoor activities
- ensure that the College uniform requirements conforms with the Queensland Cancer Fund sun-smart clothing guidelines
- ensure that, wherever practicable, outdoor activities take place before 10am and after 3pm
- ensure that adequate shade is provided at sporting carnivals and other outdoor events

### **Our Expectations**

Families will :

- provide a sun-smart hat for their child and ensure that they wear it to and from College.
- ensure that their child owns SPF 30+ broad-spectrum, water resistant sunscreen
- provide children with SPF30+ broad-spectrum sunscreen and encourage them to apply daily, prior to outdoor activity
- act as positive role models by practising sun-smart behaviour
- support the College's Sun-Smart Policy

### **Students will:**

- be aware of the College's Sun-Smart Policy
- use shaded or covered areas when outdoors
- take responsibility for their own health and safety by being sun-smart
- comply with expectations by wearing suitable hats, clothing, sunscreen and sunglasses
- apply SPF 30+ broad-spectrum, water resistant sunscreen, when appropriate
- act as positive role models for other students in all aspects of sun-smart behaviour
- participate in any initiatives to protect the College population from excessive exposure to the sun

### **Guidelines for Staff**

Staff will act as suitable, positive role models with regard sun safe practice, including:

- wearing suitable hats when outdoors and encouraging students to do the same
- making use of sunscreen for outdoor events and encouraging students to do the same, thus upholding the expectation of uniform and sun safe behaviours
- make sun screen available for events which involved prolonged time outdoors
- guide students not wearing hats to do so and/or move to shaded or covered areas if outdoors, assisting them to understand the important of sun safety