

SUNSMART

BRUNSWICK EAST PRIMARY SCHOOL POLICY

Rationale

A balance of ultraviolet radiation (UV) exposure is important for health.

Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. Sun exposure in the first 10 years of life is a major factor in determining future skin cancer risk. Too little UV from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health.

(www.sunsmart.com.au)

Objectives

This SunSmart Policy has been developed to:

- Ensure all staff and children use a combination of sun protection measures in Terms 1 and 4.
- Encourage the broader school community to use a combination of sun protection measures in Terms 1 and 4.
- To enable parents to make informed decisions about sun protection for their children.
- Assist students to be responsible for their own sun protection.
- Encourage students to participate in active play and sport while considering sun safety.
- Work towards a school environment that provides shade for students, staff and the school community at appropriate times.
- Ensure that families and new staff are informed of the school's SunSmart policy.
- Ensure that there is a balance between the benefits of sun protection and other health considerations.
- Ensure all students and staff are educated about UV exposure for vitamin D.

Implementation

The school uses a combination of sun protection measures for all outdoor activities in Term 1 and 4.

1. Shade

- The Buildings and Grounds Committee will conduct a shade audit using [Near Map](#) (or similar program) on review of this policy. This will compare the amount of shade available within the school grounds to the 2014 Audit. This audit will be presented to School Council for consideration.
- The school council makes sure there is a sufficient number of shelters and trees providing shade in the school grounds particularly in areas where students congregate e.g. outdoor lesson areas and popular play areas.
- In consultation with the school council, shade provision is considered in plans for future buildings and grounds.
- The availability of shade is considered when planning excursions and all other outdoor activities.
- Students are encouraged to use available areas of shade when outside, as necessary.
- Students who do not have appropriate hats or outdoor clothing are expected to play in a designated area protected from the sun.

2. Clothing

- Clothing that gives adequate coverage of children's skin is to be worn in Terms 1 and 4. Singlet tops, shoestring straps or halter-tops do not ensure adequate protection from the sun. If children wear inappropriate clothing in Terms 1 and 4 areas of play will be restricted to designated areas.
- Closed toed shoes are required to be worn at all times. Sandals and thongs are not appropriate footwear.

3. Hats

- All students and staff are required to wear hats that protect their face, head, neck and ears (i.e. legionnaire, 8cm broad brimmed or bucket hats). Details of recommended hats can be found at <http://www.sunsmart.com.au>.
- Our school hats have an 8 cm rigid brim and are available for purchase from the office.
- Baseball or peak caps and visors are not a suitable alternative.

4. Sunglasses

- Where practical, students are encouraged to wear close fitting, wrap-around sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.

5. Sunscreen

- If parents choose to have their child use sunscreen, then the student must provide their own personal sunscreen.
- For school outdoor events, such as swimming, cross-country or athletics, the school will supply generic SPF 30 or higher-broad spectrum, water-resistant sunscreen for staff and student's use if they choose to apply it.
- Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. teacher reminder).

6. Staff

As part of Occupational Health and Safety UV risk controls and role modelling, staff are expected to:

- wear sun protective hats, clothing and sunglasses when outside in Term 1 and 4.
- apply SPF 30 or higher-broad spectrum, water-resistant sunscreen whenever appropriate.
- seek shade whenever appropriate.

7. Broader Community

- Families and visitors are encouraged to use a combination of sun protection measures (sun protection clothing and hats, sunglasses, sunscreen and shade) when participating in and attending outdoor school activities.

Communication

- Appropriate health and safety programs are included in the curriculum for all year levels.
- Where appropriate SunSmart behaviour is regularly reinforced and promoted, to the whole school community.
- At the beginning of Term 1 and 4 communication will be made to the school community via the newsletter.

References and Resources

Resources

[SunSmart](#)

[Near Map](#)

Education Department Resources

[Health, Safety and WorkSafe – Outdoor Activities](#)

Evaluation

- This policy will be reviewed as part of the school's three-year review cycle.
- Our school is accredited as a SunSmart school at the Anti-Cancer Council of Victoria.

This policy was ratified by School Council on the

26th August 2014