



SUN SMART POLICY

Brunswick South Primary School

Policy	Review Date	Responsible for
Implementation Date	October 2018	Review
October 2015		Policy Subcommittee

Rationale

This policy applies to all school activities on and off site.

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.

Aim

By implementing a SunSmart Policy, BPS aims to:

- ensure all students and staff have some UV exposure for vitamin D
- encourage the entire school community to use a combination of sun protection measures whenever UV Index levels reach 3 and above
- work toward a safe school environment that provides shade for students, staff and the school community at appropriate times
- assist students to be responsible for their own sun protection
- ensure that families and new staff are informed of the school's SunSmart policy

Brunswick South Primary School staff accesses the SunSmart UV Alert at sunsmart.com.au to find out daily local sun protection times to assist with the implementation of this policy. Staff use a combination of sun protection measures for all outdoor activities from September to the end of April and whenever UV levels reach 3 and above, the level that can damage skin and eyes.

Implementation

Shade

- A shade audit is conducted regularly (The Environment Sub Committee) to determine the current availability and quality of shade.
- 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 during lunch, outdoor lessons and outdoor play.
- Teaching staff considers peak areas of UV exposure and the availability of shade is considered when planning excursions and all other outdoor activities.

- In consultation with the school council, shade provision is considered in plans for future buildings and grounds.
- BSPS staff encourages students to use available areas of shade when outside.
- Students who do not have appropriate hats or outdoor clothing are asked to play in the shade or a suitable area protected from the sun.

Hats

- BSPS requires all students and staff to wear hats that protect their face, neck and ears, i.e. legionnaire, broad brimmed or bucket hats, whenever they are outside. Baseball or peak caps are not considered a suitable alternative

Sunscreen

- Unless specified otherwise, all student and teachers are required to apply sunscreen whenever UV levels reach 3 and above
- Parents wanting children to wear sunscreen can supply appropriate sunscreen. Students are responsible for applying their own sunscreen.
- Sunscreen will be applied by students at least 20 minutes before going outdoors and reapplied every two hours if outdoors
- Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminder notices, sunscreen monitors, sunscreen buddies).
- Students with naturally very dark skin can, with parental consent ask to be exempt from wearing sunscreen to help with vitamin D requirements

Staff OHS and Role modelling

As part of OHS UV risk controls and role modelling, when the UV is 3 and above BSPS staff and families and visitors participating in outdoor school activities:

- Wear sun protective hats, clothing and sunglasses when outside
- Apply SPF 30+ broad spectrum, sunscreen
- Seek shade whenever possible

Curriculum

- Teaching staff includes programs on skin cancer prevention and vitamin D in the curriculum for all year levels.
- BSPS regularly reinforces and promotes SunSmart to the whole school community through newsletters, parent meetings, staff meetings, school assemblies, student and teacher activities and on student enrolment.

Alignment with related school policies

- OHS policy

Ratification and implementation

This policy was ratified in 2015.