

SunSmart Policy

RATIONALE:

A healthy balance of the sun's ultraviolet radiation (UV) exposure is important for health.

Too much UV from the sun can cause sunburn, skin, damage and skin cancer. Australia has one of the highest rates of skin cancer in the world. Two in three Australians will develop some form of skin cancer before they reach the age of seventy. Overexposure to UV during childhood and adolescence is known to be a major cause of skin cancer.

Sun protection is needed whenever UV levels reach three and above. In Victoria average UV levels are three and above from the beginning of September to the end of April. During these months particular care should be taken during the middle of the day between 10am and 3pm when UV levels reach their peak.

Too little UV from the sun can lead to low vitamin D levels. Vitamin D regulates calcium levels in the blood. It is also necessary for the development and maintenance of healthy bones, muscles and teeth. From May to August in Victoria, average UV levels are below three so sun protection isn't usually needed during these months unless in alpine regions or near highly reflective surfaces such as snow or water.

OBJECTIVES:

The goals of Brunswick North Primary School's SunSmart Policy are to:

- Ensure that all children and staff maintain a healthy UV exposure balance.
- Encourage the entire community to use a combination of sun protection measures.
- Work towards a safe school environment that provides shade for students, staff and other school community at appropriate times.
- Assist children to be responsible for their own sun protection.
- Ensure that staff and new families are informed of the school's SunSmart policy.

IMPLEMENTATION:

From September to April in Victoria-When average UV Index levels reach three and above:

- Children and staff use a combination of sun protection measures. Particular care is taken between 10 am to 3pm when UV levels reach their peak during the day.



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- Our SunSmart policy is considered when planning all outdoor events e.g. assemblies, camps excursions and other school outdoor sessions.
- School Council works towards providing a sufficient number of sheltered areas that provide shade, particularly in areas where children congregate such as canteen and popular play areas.
- Shade provision is considered in plans for future buildings and grounds.
- The availability of shade is considered when planning excursions and all outdoor activities.
- Children are encouraged to use available areas of shade when outside.
- Children who do not have appropriate hats or outdoor clothing are asked to play in the shade or a suitable area protected from the sun.
- Sun protective clothing is included in our school uniform dress code. School clothing is made of close weave fabric and includes shirts with collars and longer sleeves etc.
- Children and staff are required to wear hats that protect their face, neck and ears, whenever they are outside. Baseball caps do not offer enough protection and are therefore not recommended.
- Children and staff 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.
- Children and staff are encouraged to use SPF 30+ broad -spectrum water resistant sunscreen and to apply sunscreen at least 20 minutes before going outside and reapplied every two hours if outside.
- Children are reminded to apply their sunscreen before going outside.
- Parents are required to provide sunscreen and hand wipes for child's personal use at school.
- Staff will act as role models by wearing hats, appropriate sunsmart clothing, sunglasses and applying sunscreen when outside.
- Families and visitors are encouraged to use a combination of sun protection measures when participating in and attending outdoor school activities.
- From May To August in Victoria, to help maintain winter vitamin D levels sun protection measures are not used.
- When enrolling a child, parents are requested to:
- Buy a hat for outside play



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- Provide SPF30+ broad-spectrum water resistant sunscreen and hand wipes for their child's use.
- Act as positive role models and practice SunSmart protective behaviors for their skin when attending school functions.
- Ensure that their child applies sunscreen before leaving for school.

CURRICULUM:

- Programs on skin cancer prevention and healthy UV exposure levels are included in the curriculum for all year levels.
- SunSmart behavior is regularly promoted and reinforced to the whole community through newsletter, school assemblies, staff meetings and parent information sessions.

RESOURCES:

- SunSmart Victoria Sample Policy For Schools
- Victorian Government Schools Reference Guide 4.5.11 Skin protection.
- Sunsmart.com.au
- Sunsmart.com.au/vitamin d

EVALUATION:

- This policy will be formally reviewed by School Council every three (3) years.

This policy was ratified by School Council on ____ / ____ / 2015.

Signed by **Principal**

Signed by **School Council President**