POLICY: SUNSMART POLICY

Help for non-English speakers

If you need help to understand this policy, please contact the office on 9702 2022.

PURPOSE:

Our SunSmart Policy has been developed to encourage children attending Brentwood Park P.S. to protect themselves from skin and eye damage caused by the ultra-violet rays of the sun. UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer in later life. Australia has one of the highest rates of skin cancer in the world, with two in three Australians developing some form of skin cancer before age 70.

Excessive exposure to the sun's ultraviolet (UV) radiation can cause health problems including sunburn, damage to skin and eyes, and an increased risk of skin cancer.

UV radiation:

- cannot be seen or felt
- can be reflected off surfaces such as buildings, asphalt, concrete, water, sand and snow
- can pass through light clouds
- varies in intensity across the year (highest in Victoria from mid-August – end of April)
- peaks during school hours.

This policy is to be implemented year round, with particular emphasis between mid -August and 1st May. In teaching our students about their skin and how to protect it, we aim to develop independent sun protection skills to help them to be responsible for their own protection.

AIMS:

The purpose of this policy is to encourage behaviours that reflect a healthy UV exposure balance, ensuring some sun exposure for vitamin D while minimising the risk of skin cancer.

Our SunSmart policy is aimed at:

- children and staff wearing hats that protect the face, neck and ears whenever they are outside. e.g. recess, lunch, physical education lessons, excursions and camps between mid-August and 1st May.
- encouraging parents and the school community to act as role models by practising Sun Smart behaviours.
- working with parents/guardians to encourage them to provide SPF 30+ broad spectrum water resistant sunscreen for children to use when outdoors.
- scheduling outdoor activities before 11am and after 3pm, in shaded areas where possible, between mid- August and 1st May.
- working towards increasing the number of shelters and trees to provide adequate shade in the school grounds.
- educating children of the health risks through the curriculum.

IMPLEMENTATION:

- **Sun protective uniform:** Children are expected to wear school uniform, except on free dress days, however, children must still wear sun smart appropriate clothing. The uniform is loose fitting, the polo shirt and dress have high collars and sleeves and shirts are longer styled.

All children will wear an approved uniform broad-brimmed hat whenever they are outside. This will be mandatory from mid-August to 1st May.
All staff must wear hats when outdoors, while on yard duty or when conducting sport or physical education classes. Staff members are to act as suitable role models between mid-August and 1st May.
Children who do not have a hat during the required period will be restricted to indoors.

- **Shade:** The school will continually make provision for adequate tree shade and other shaded areas.
- **Sunscreen:** Parents will be encouraged to provide children with sunscreen, which must be independently applied.
- **Sunglasses:** Sunglasses will be encouraged to be worn.
- **Curriculum:** Students at our school are encouraged to make healthy choices and are supported to understand the benefits and risks of sun exposure.
- **Engaging students, staff and families**: SunSmart behaviour is reinforced and promoted to the whole school community through newsletter articles and school assemblies.

COMMUNICATION

This policy will be communicated to our school community in the following ways:

- Available publicly on school website
- Placed in the school newsletter

POLICY REVIEW AND APPROVAL

Policy last reviewed	15/11/2022
Consultation	Consultation with Brentwood Park School Council
Approved by	James Bell, principal and school council
Next scheduled review date	November 2026