



Sun Smart 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. Exposure to the sun's UV during childhood and adolescence is associated with an increased risk of skin cancer in later life. 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.

Guidelines:

To implement a sun smart program that:

- Creates a healthy environment and encourages appropriate behaviours to allow some UV exposure for vitamin D and minimise overexposure to reduce skin and eye damage and skin cancer risk
- Encourage behaviour change through education and role-modelling
- Protect staff and students from harm caused by overexposure to ultraviolet (UV) radiation.

Implementation:

For health and safety, when the UV Index is 3 or above, Burwood East Primary School will respond to each of the following UV protection measures.

Shade

- Students are encouraged 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.

The school council should ensure there are sufficient shelters and trees to adequately shade the school grounds, particularly in the following spaces:

- where students congregate for lunch
- the canteen
- outdoor lesson areas
- popular play areas

- assembly areas
- sporting grounds

The school council and principal should also:

- ensure there is the provision for shade in planning for future buildings or grounds
- consider the availability of shade when planning excursions and outdoor activities
- complete a periodic shade audit to determine the availability and quality of shade

Clothing

School uniforms or dress codes will include sun-protective clothing:

- loose, cool, closely-woven cotton fabrics
- shirts with a collar and or higher necklines tops
- longer style shorts and skirts
- rash vests or t-shirts for outdoor swimming activities

Hats

Students and staff must wear hat styles that protect the face, neck and ears, including:

- broad brimmed
- legionnaire
- bucket

(Peak caps and visors are not considered a suitable alternative.)

These must be worn when outdoors, including to all excursions, from September to the end of April.

Sunscreen

Burwood East Primary School will encourage and remind students and staff to:

- apply SPF 30 or higher broad spectrum, water-resistant, fragrance-free sunscreen generously and evenly to clean, dry skin ideally 20 minutes before going outdoors
- not rely on sunscreen alone as it does not provide full protection
- re-apply sunscreen every two hours or more often when sweating
- check and follow the 'use by' date stated on the packaging
- store sunscreen below 30°C
- add sunscreen to the school booklist, as an optional extra, so a student then has their own sunscreen suitable for their skin
- develop strategies that remind students to apply sunscreen before going outdoors (e.g. reminder notices, sunscreen monitors, sunscreen buddies).

Students should:

- be able to apply their own sunscreen
- be reminded to reapply sunscreen
- have access to sunscreen for all outdoor activities e.g. include in first aid kit.

Engaging children, educators, staff and families

SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school website, staff and parent meetings, school assemblies, student and teacher activities and on student enrolment / new staff orientation.

Programs on sun protection and vitamin D are included for all year levels.

As part of OHS UV risk controls and role-modelling, staff, families and visitors:

- wear a sun protective hat, covering clothing and, if practical, sunglasses
- apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen
- seek shade whenever possible.

Monitoring and review

- The school council and staff regularly monitor and review the effectiveness of the SunSmart policy (at least once every three years) and revise the policy when required by completing a policy review and membership renewal with SunSmart at sunsmart.com.au.
- SunSmart policy updates and requirements will be made available to staff, families and visitors.

Legislation and Standards

- Occupational Health and Safety Act 2004
- Education and Training Reform Act 2006: Sch.5 Reg. 1 (1.2)