SunSmart Policy for
Brunswick South West Primary
School 2009

Rationale
A healthy balance between too much and too little ultraviolet (UV) radiation from the sun is important for health.

Too much UV from the sun can cause sunburn, skin damage, eye damage and skin cancer. Australia has one of the highest rates of skin cancer in the world.

Too little UV from the sun can lead to vitamin D deficiency. Vitamin D regulates calcium levels in the blood. It is also necessary for the development and maintenance of healthy bones, muscles and teeth.

To ensure a healthy balance between too much and too little UV is maintained, sun protection is used from the beginning of September until the middle of May.

It is not necessary to use sun screen from 1st May until 1st September.

Guidelines
The Brunswick South West PS Sunsmart Policy is to be implemented during term 1, part of term 2 and term 4 in accordance with the Cancer Council recommendations. Students, parents and staff are expected to wear protective clothing, hats and sunscreen for high risk times during sports, excursions, camps and any outdoor activities.

Objectives
The goals of the SunSmart Policy are to:

- Increase student and community awareness about skin cancer and sun protection.
- Encourage the entire school community to use a combination of sun protection measures during high risk times.
- Work towards a safe school environment that provides shade for children, staff and the school community.
- Assist children to be responsible for their own sun protection.
- Ensure that families and new staff are informed of the school's SunSmart policy.
- Ensure that all children and staff maintain a healthy balance between too little and too much ultraviolet (UV) radiation from the sun.

Our sun protection strategies

- All children and staff use a combination of sun protection measures. Particular care is taken between 10 am and 2pm (11 am and 3 pm daylight saving time) when UV Index levels reach their peak during the day.
- Sun protection measures are not used from mid May until August unless the UV Index level reaches 3 and above.
- Our SunSmart policy is considered when planning all outdoor events e.g. assemblies, camps, excursions and sporting events. Where possible, we have outdoor activities or events earlier in the morning or later in the afternoon, or we try using indoor venues.

1. 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 children congregate e.g. lunch, canteen, 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 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 that is totally protected from the sun.

2. Clothing
- Sun protective clothing is included in our school uniform / dress code and sports uniform. School clothing is made of close weave fabric and includes shirts with collars and longer sleeves, longer style dresses and shorts and rash vests or t-shirts for outdoor swimming.

3. Hats
- Children and staff are required to wear hats that protect their face, neck and ears, i.e. legionnaire, broad brimmed or bucket hats, whenever they are outside.
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(Please note: Baseball caps do not offer enough protection and are therefore not recommended.)

4. Sunglasses [SUGGESTED]
   - 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.

5. Sunscreen
   - SPF 30+ broad spectrum, water resistant sunscreen is available for staff and student’s use.
   - Staff remind children to apply sunscreen before going outdoors.
   - Children with naturally very dark skin are not required to wear sunscreen.
   - If a student is known to be allergic to the contents of specific sunscreens parents will need to supply an appropriate sun screen for their child.

6. Role modelling
   - Staff act as role models by:
     - wearing sun protective hats, clothing and sunglasses when outside
     - applying SPF 30+ broad spectrum, water resistant sunscreen
     - seeking shade whenever possible
   - Families and visitors are encouraged to use a combination of sun protection measures (sun protective clothing and hats, sunglasses and sunscreen) when participating in and attending outdoor school activities.

7. Curriculum
   - Programs on skin cancer prevention are included in the curriculum for all year levels.
   - SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school homepage, parent meetings, staff meetings, school assemblies, student and teacher activities and on student enrolment.
   - Teachers to have access to up-to-date information on skin damage and skin cancer and its prevention.
   - Professional development as appropriate. Eg. Education Officers from the Anti-Cancer Council.

8. School Organisation:
   - Encourage teachers to schedule all sporting activities before lunch.
   - Staff and all students are to wear hats when outdoors from September 1 to April 30.
   - Suitable hats, clothing and sunscreen will be required for all camps and excursions with the items listed on the Parent Permission Forms.
   - Students will be required to participate in activities out of the sun if they are not appropriately protected.

9. Occupational Health and Safety:
   - All staff involved in outdoor activities including yard duty should be sunsmart as they are at particular risk.

10. Environment:
    - Encourage students to access and utilise the shaded area within the school grounds.
    - School Council to develop long term shade strategies to increase the availability of shaded areas in the school grounds

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.

References
The Cancer Council Victoria
1 Rathdowne Street
Carlton VIC 3053
www.cancervic.org.au

This policy was endorsed by staff at a staff meeting on 28/7/09 and approved by School Council on ___/___/___.

The policy will be reviewed on 31/8/12.

Principal’s signature
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