BRIGHTON BEACH PRIMARY SCHOOL

Sun Smart Policy

This policy applies to all members of the BBPS Community.

Rationale

It's important to have a healthy balance of ultraviolet radiation (UV) exposure. Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. Overexposure to UV during childhood and adolescence 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 necessary for the development and maintenance of healthy bones and muscles and for general health.

Purpose

This Policy has been developed to:

- ensure all BBPS children and staff get some UV for vitamin D.
- encourage children and staff to use a combination of sun protection measures whenever UV Index levels reach 3 and above to minimise skin and eye damage and skin cancer risk.
- work towards a safe outdoor environment that provides shade for children and staff at appropriate times.
- assist children take responsibility for their own sun protection.
- ensure that families and new staff are informed, and aware of, this SunSmart policy.

BBPS recommends 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.

1. Shade

- A shade audit is conducted at BBPS to determine the current availability and quality of shade.
- BBPS will make sure there is a sufficient number of shelters and trees providing shade in the outdoor area.
- The availability of shade will be considered when planning excursions and all other outdoor activities.
- Children will be encouraged to use available areas of shade when outside.
- Children who do not have appropriate hats or outdoor clothing will be asked to play in the shade or a suitable area protected from the sun. No hat no play!

2. Clothing

Children must wear a suitably chosen combination of the BBPS school uniform, and their school hat (from 1 September to 1 of May). On Free Dress days students are reminded to wear clothing that will protect them in the sun.

3. Hats

All children must wear BBPS uniform hats that protect their face, neck and ears, i.e. legionnaire, broad-brimmed or bucket hats. Baseball or peak caps are not considered a suitable alternative.

4. Sunglasses [OPTIONAL]

Children and staff can 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

- Recommend parents provide SPF 30+ broad spectrum, water resistant sunscreen for their child's use.
- Encourage practices that are responsive to the recommendation that Sunscreen is applied at least 20 minutes before going outdoors and reapplied every two hours if outdoors.
- With parental consent, children with naturally very dark skin are not required to wear sunscreen to help with vitamin D requirements.
- From 3 years of age, children are encouraged to apply their own sunscreen under supervision of staff.

When enrolling their child at BBPS families will be:

- informed of this BBPS SunSmart policy
- asked to provide a suitable hat for their child
- asked to provide their child with suitable outdoor clothing from the BBPS uniform range, that is cool and covers as much skin as possible (i.e. that cover the shoulders and chest, upper arms and legs)
- asked to provide SPF 30+ broad spectrum, water resistant sunscreen for their child
- required to give permission for staff to remind students to apply sunscreen to their child and to assist in that application where necessary.
- encouraged to practise SunSmart behaviours themselves when at BBPS.

Staff OHS and role modelling

As part of OHS UV risk controls and role-modelling, when the UV is 3 and above staff must:

- wear sun protective hats, clothing and sunglasses when outside
- apply SPF 30+ broad spectrum, water resistant sunscreen
- seek shade whenever possible.

Families and visitors are requested to use a combination of sun protection measures (sun protective clothing and hats, shade, sunglasses and sunscreen) when attending BBPS.

Planned experiences

- Programs on sun protection and vitamin D will be incorporated into planned experiences.
- This SunSmart policy is reinforced through staff and children's activities and displays.
- Staff and families will be provided with information on sun protection and vitamin D through family newsletters, noticeboards and meetings.

Review

- BBPS management and staff will monitor and review the effectiveness of this SunSmart policy and revise the policy when required but at least once every three years.

Relevant Documents / Links

- Children's Services Regulations (2009): Section 97, Outdoor space (1c)
- Victorian Early Years Learning and Development Framework (VEYLDF)
- National Early Years Learning Framework (EYLF)
- Building Quality Standards Handbook (BQSH): Section 7.5.5 Shade Areas
- CCQA Principles: Quality Improvement and Accreditation System (QIAS) Quality Practices Guide (2005) – Principle 6.5
- Healthy Eating and Physical Activity Guidelines for Early Childhood Settings
- Occupational Health and Safety Act 2004
- Radiation Protection Standard for Occupational Exposure to Ultraviolet Radiation (2006)
- Safe Work Australia: Guidance Note for the Protection of Workers from the Ultraviolet Radiation in Sunlight

Relevant resources

- **SunSmart UV Alert:** The SunSmart UV Alert indicates daily weather forecasts including temperature, local UV levels and times sun protection is or isn't needed. This is available in the weather section of the newspaper, on the SunSmart website at sunsmart.com.au, as a free iPhone app or as a widget that you can add to your website. It even includes a vitamin D tracker and sunscreen application reminder.

- **Creating effective shade:** This online shade audit tool allows you to assess whether the existing shade at your service is adequate. It also helps you develop a list of practical recommendations to improve both built and natural shade sunsmart.com.au/shading-audit/intro

- **Create your own SunSmart poster**: online SunSmart poster templates where children choose the scene, text, upload an image of their own face to place into the scene and print off their very own poster with them as the SunSmart star. There are sun protection, vitamin D and snow posters to choose from www.sunsmart.com.au/createposter

- **Be SunSmart, Play SunSmart** by Anne Stonehouse - with suggested play experiences - incorporates concepts from the Early Years Learning Framework (EYLF) and the Victorian Early Years Learning and Development Framework sunsmart.com.au

- **SunSmart Countdown**: song and associated activities sunsmart.com.au/protecting_others/at_school/sunsmart_countdown

- **Generation SunSmart** - online learning modules for educators at generationsunsmart.com.au – helps meet Professional learning requirements

Ratified by School Council:

Next policy review: 2021

Approved By	School Council
Date Reviewed	February 2020
Responsible for Review	whole staff, student, parent and community input
Review Date	Feb 2021
References	DET- Department of Education and Training