

# SunSmart Policy



Responsibility Wellbeing Coordinator

Endorsed by Council September 2019

Due for Review September 2022

## At Berwick Fields Primary School we are a SunSmart school

<b>Purpose</b>	<p>The purpose of this policy is to encourage behaviours at Berwick Fields Primary School to minimise the risk of skin and eye damage and skin cancer.</p> <p>This policy provides guidelines to:</p> <ul style="list-style-type: none"><li>• support staff and students to use a combination of sun protection measures when UV index levels are 3 or above (generally mid-August – end of April)</li><li>• ensure that there are outdoor environments that provide adequate shade for students and staff</li><li>• ensure students are encouraged and supported to develop independent sun protection skills to help them to be responsible for their own protection</li><li>• support our school's strategies to meet its duty of care and occupational health and safety obligations to minimise harmful UV exposure and associated harm for students and staff.</li></ul>
<b>Scope</b>	<p>This policy applies to all school activities, including camps and excursions. It is applicable to all students and staff.</p>
<b>Policy</b>	<p>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.</p> <p>UV radiation:</p> <ul style="list-style-type: none"><li>• cannot be seen or felt</li><li>• can be reflected off surfaces such as buildings, asphalt, concrete, water, sand and snow</li><li>• can pass through light clouds</li><li>• varies in intensity across the year (highest in Victoria from mid-August – end of April)</li><li>• peaks during school hours</li></ul> <p>Sun safety is a shared responsibility and staff, parents and students are encouraged to implement a combination of sun protection measures whenever UV levels reach 3 and above (typically from mid-August to the end of April in Victoria). Information about the daily local sun protection times is available via the SunSmart widget on the school's website, the free SunSmart app, or at <a href="http://sunsmart.com.au">sunsmart.com.au</a> or <a href="http://bom.gov.au">bom.gov.au</a>.</p> <p>Berwick Fields Primary School has the following measures in place to help reduce the risk of excessive UV sun exposure for staff and students.</p> <p><b>Shade</b></p> <p>Berwick Fields Primary School will provide sufficient options for shelter and trees to provide shade on school grounds, particularly in places such as:</p> <ul style="list-style-type: none"><li>• Shade over Prep – 2 playground, Shade over the 3-6 playground</li><li>• Under portable classroom covered walkways</li><li>• where students congregate</li><li>• the canteen</li></ul>

- Eco cubby shaded verandah
- BLC Covered frontage

When building works or grounds maintenance is conducted at Berwick Fields Primary School that may impact on the level of shading available to staff and students, a review of the shaded areas available will be conducted and further shading installed as appropriate.

### **Sun protective uniform/clothing**

Berwick Fields Primary School recommends that from mid-August to end of April, and whenever UV levels reach 3 and above, students come to school wearing sun-protective clothing such as:

- loose, cool, closely-woven fabric
- shirts with a collar and/or high necklines
- tops with elbow length or long sleeves
- longer style shorts and skirts
- rash vests or t-shirts for outdoor swimming activities.

Berwick Fields Primary School's school uniform and dress code includes sun-protective clothing, including:

- loose, cool, closely-woven fabric
- shirts with a collar and/or high necklines
- tops with elbow length or long sleeves
- longer style shorts and skirts
- rash vests or t-shirts for outdoor swimming activities.

Berwick Fields Primary School: From mid-August (exact date to be set by the school annually) to 30 April, all students **must** wear a sun protective hat that shades the face, neck and ears for all outdoor activities. Hats may also be worn for all outdoor activities outside of the August to April time period, by parent or student choice.

Berwick Fields Primary School: As we are a primary school, we expect students to take responsibility for being SunSmart by wearing a school wide brimmed hat at all times during outdoor activities or staying in the shade, if they are not wearing sunscreen. School staff will be required to remind and encourage.

Berwick Fields Primary School: Students are required to wear a school hat or another hat style that protects the face, neck and ears when outdoors, for example broad-brimmed, legionnaire or bucket. Students who are not wearing appropriate protective clothing or a hat may be asked to play in the shade or in a suitable area protected from the sun.

### **Sunscreen**

Berwick Fields Primary School encourages all staff and students to apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen daily whenever UV levels reach 3 and above. Sunscreen should be applied at least 20 minutes before going outdoors, and reapplied every two hours according to [manufacturer's instructions](#).

Berwick Fields Primary School: has strategies in place to remind students to apply sunscreen before going outdoors [for example i.e. reminder notices, sunscreen monitors, sunscreen buddies, newsletters, website, facebook posts].

	<p>Berwick Fields Primary School: students are welcome to attend the nurse, sick bay area to access sunscreen. Staff and students who may suffer from allergic reactions from certain types of sunscreen are encouraged to contact Donna Egglestone to implement a management plan to reduce the risk of an allergic reaction at school.</p> <p>Staff and families should role model SunSmart behaviour and are encouraged to apply SPF 30 (or higher) broad-spectrum, water-resistant sunscreen when outside.</p> <p><b>Sunglasses</b></p> <p>Berwick Fields Primary School: Where practical Example School encourages students and staff engaged in outdoor activities 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.</p> <p><b>Curriculum</b></p> <p>Students at our school are encouraged to make healthy choices, and are supported to understand the benefits and risks of sun exposure. Berwick Fields Primary School will address sun and UV safety education as part of the classroom curriculum. The</p> <p>Staff are encouraged to access resources, tools, and professional learning to enhance their knowledge and capacity to promote sun smart behaviour across the school community.</p> <p><b>Engaging students, staff and families</b> SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school website/intranet, staff and parent meetings, school assemblies, student and teacher activities and at student enrolment/new staff orientation.</p> <p>Families and staff are provided with information, ideas and practical strategies to support UV safety at school and at home. Example School may provide families and staff with information through [insert communication strategies i.e. newsletters, noticeboards, school website, school assemblies].</p>
<p><b>Further Information a&amp; Resources</b></p>	<ul style="list-style-type: none"> <li>• School Policy Advisory Guide: <ul style="list-style-type: none"> <li>○ <a href="#">Sun and UV Protection Policy</a></li> <li>○ <a href="#">Duty of care</a></li> </ul> </li> <li>• <a href="#">SunSmart:</a></li> </ul> <p><a href="https://www.sunsmart.com.au/communities/early-childhood-schools/resources-schools-early-childhood">https://www.sunsmart.com.au/communities/early-childhood-schools/resources-schools-early-childhood</a></p>
<p><b>Review Cycle</b></p>	<p>This policy was last updated on September 2019 and is scheduled for review on September 2021</p>