

# Sunsmart Policy

## Brighton Primary School

### 1542

#### 1. Purpose

- To ensure all students and staff members are aware of the effects of UV exposure, about the dangers of ultra-violet radiation (UVR), and maintaining safe levels of vitamin D.
- To instruct students in how to protect themselves from skin damage caused by the harmful rays of the sun, and assist students to be responsible for maintaining their own sun protection.
- To promote the adoption of good personal sun-safe practices.
- To ensure sun protection is used from September to the end of April when students are on or off site.

#### 2. Guidelines

- Skin care programs will be incorporated across the curriculum with particular emphasis in Health-based units of inquiry.
- Sunsmart behaviour will be positively reinforced through Newsletters, parent meetings, student and teacher activities.
- Outdoor activities will be organised to be held in shade areas whenever possible.
- Adequate shade areas in the school grounds will be provided.
- Staff and students are encouraged to access the daily local sun protection times at [sunsmart.com.au](http://sunsmart.com.au) or on the free SunSmart app to assist with the implementation of this policy.
- A combination of sun protection measures are used for all outdoor activities from September to the end of April and whenever the UV levels reach 3 and above.

#### 3. Implementation

- An intensive whole school awareness program will be held annually.
- The UV alert's sun protection times will be displayed daily throughout the year on the Brighton Primary School website.
- Ensure all students and staff members have some UV exposure for vitamin D – essential for healthy living.
- Units of inquiry will be developed within the Primary Years Program to educate students in Sunsmart practices.
- Students will be directed to wear **school** hats from September to the end of April.
- All students are required to wear hats that protect their face, neck and ears, i.e. bucket, legionnaire or broad brimmed hats, whenever they are outside. Baseball or peak caps and visors are not considered a suitable alternative.
- Sun protective clothing is included in our school uniform/ sports uniform and dress code. School clothing is cool, loose fitting and made of densely woven fabric. It includes shirts with collars, long sleeves, longer style dresses and shorts. Students must wear rash vests or t-shirts for outdoor lifesaving activities / swimming.
- Ensure families and new staff members are aware of the school's Sunsmart policy.
- Students will be encouraged to use available areas of shade for outdoor activities.
- The school council makes sure there is a sufficient number of shelters and trees providing shade in the school grounds, particularly where children will congregate such as canteen, lunch, and popular outdoor areas, as well as outdoor lesson areas.
- District sports events will be held in the mornings during terms 1 & 4 where appropriate.
- Staff and parents should act as role models by practising Sunsmart behaviours.

This policy was last ratified by School Council September 2018

To be reviewed 2022