

# SUNSMART

## BRUNSWICK EAST PRIMARY SCHOOL POLICY

### Rationale:

- Over exposure to the sun presents a serious health risk. Students must therefore be educated as to the need for suitable sun protection, and protected from over exposure to the sun whilst at school.

### Aims:

- To educate students as to suitable sunsmart protection strategies.
- To encourage children and teachers to protect themselves from the harmful effects of the sun.

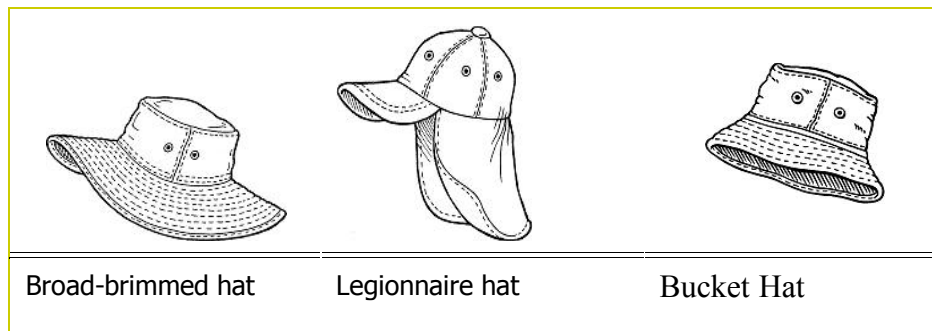
### Implementation:

- Children will be required to wear Anti-Cancer Council approved close-weave broad brimmed hats (our school hats are 8 cm rigid brim) during terms 1 and 4 whenever they are outside.

### Recommended Hats ([www.sunsmart.com.au](http://www.sunsmart.com.au))

Hats should shade the face, neck, ears and head.

These styles provide excellent protection from the sun:



- Broad-brimmed hats with a brim of at least 7.5 cm
- Legionnaire-style hats
- Bucket or surfie style hats with a brim of at least 6 cm (for primary school children and older) or 5 cm (for pre-school children).

***Baseball caps are not recommended as they do not adequately shade the cheeks, ears or neck.***

- Recommendations will also be made for students to wear sun protection on days of extreme weather conditions in terms 2 & 3 to continue UV protection.
- Staff will act as role models by also wearing broad brimmed hats when outside.
- Children without broad brimmed hats will be restricted to playing in designated shaded areas.
- Children will be actively encouraged to wear a broad-spectrum water resistant sunscreen (SPF30+). Provision of sunscreen for children will be the responsibility of the parent/guardian.

- Sunscreen will be applied by students according to the manufacturer's directions, under the supervision of teachers prior to recess and lunch breaks.
- The school council will provide adequate shade structures for students as practicable and affordable; particularly over high density play areas such as sand pits and play equipment.
- The school will ensure that school uniform broad-brimmed hats are available for purchase from the uniform store.
- Parents are expected to send their children in appropriate footwear to school. This means no thongs or open-toed sandals. Footwear should provide protection for the toes at school whilst children are playing and running around.
- Parents are expected to provide suitable clothing for school wear – no singlet tops, shoestring straps or halter-tops are appropriate to ensure full protection from the sun. The school will contact parent/guardian if children wear inappropriate clothing in the hot weather and areas of play will be restricted to covered play areas.
- The school newsletter and school assemblies will be used to highlight and reinforce the Sunsmart policy.
- Sunsmart activities and sun protection will form part of the Health and Physical Education curriculum at all year levels.
- Our school is accredited as a Sunsmart school at the Anti-Cancer Council of Victoria.

**Evaluation:**

- This policy will be reviewed as part of the school's three-year review cycle.

This policy was ratified by School Council on the 24<sup>th</sup> October 2005

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Dear.....

Date.....

As part of our Sunsmart policy, it is essential that all students wear appropriate clothing to protect their bodies from sun damage. Your child.....was inappropriately dressed and was asked to play in a covered area. \* Could you please ensure that your child is correctly protected from the sun.

Today your child .....

- Was wearing no hat
- Hat worn was not a broad-brimmed hat
- Was wearing thongs
- Was wearing open-toed sandals
- Was wearing a top providing no protection to the shoulders.

Yours truly,

Class Teacher.

Endorsed by Gail Bernard (Principal)

**\* From the school's SUNSMART policy.**

- The school will ensure that school uniform broad-brimmed hats are available for purchase from the uniform store.
- Parents are expected to send their children in appropriate footwear to school. This means no thongs and wearing socks with open-toed sandals.
- Parents are expected to provide suitable clothing for school wear – no singlet tops, shoestring straps or halter-tops are appropriate to ensure full protection from the sun. The school will contact parent/guardian if children wear inappropriate clothing in the hot weather and areas of play will be restricted to covered play areas.