



Burwood East Special Developmental School

SUNSMART POLICY

At Burwood East Special Developmental School (BESDS), we consider the health, safety and wellbeing of all children and young people to be our highest priority. We strive to ensure the safety and wellbeing of children and young people at our school at all times. We have zero tolerance of child abuse, and all allegations and safety concerns will be treated seriously and consistently. We are committed to creating a safe, respectful and inclusive school environment where all students can be happy, confident and resilient, regardless of their sexual or gender identity, cultural background, disability or other circumstances. We take account of the diversity of all children, including the needs of Aboriginal and Torres Strait Islander children, children from culturally and linguistically diverse backgrounds, children with disabilities and vulnerable children.

Rationale:

A balance of ultraviolet radiation (UV) exposure is important for health. Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. Exposure to the sun's UV during childhood and adolescence is associated with an increased risk of skin cancer in later life. Too little UV from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health. The disabilities of the student population at Burwood East SDS create significant responsibility for staff to supervise 'SunSmart' management.

UV radiation is most intense in Victoria from the beginning of September until the end of April, especially during the middle part of the day from 10am to 2pm (11am to 3pm during daylight saving). This sun protection policy will be implemented during this period or whenever UV levels reach three or more.

Aims:

- To educate and support students to cooperate with suitable SunSmart protection strategies.
- To encourage children and staff to protect themselves from the harmful effects of the sun.

Implementation:

- The sun's UV rays cannot be seen or felt so every day during term 1 and 4 (between September and April or whenever UV levels reach three or more) whether it is a bright, hot sunny day or a cool, dull grey day, sun protection measures will be used.
- Children will be encouraged to wear broad brimmed, bucket or legionnaire hats whenever they are outside.
- Staff are encouraged to act as role models by also wearing hats and practising SunSmart behaviours when outside.
- Encourage children to use available areas of shade for outside activities remembering that even in the shade UV rays can reflect from surfaces such as water, sand and concrete.
- Children will be actively encouraged to wear a broad-spectrum water resistant sunscreen (SPF 30+). Sunscreen will be provided by the school and applied by teachers or students, according to the manufacturer's directions.

- Whenever possible, excursions and other outdoor activities will be scheduled before 11am and after 3pm daylight saving time (only necessary during Summer time). The availability of shade will be considered when planning excursions and outdoor experiences.
- Whilst it is recommended that outdoor activities be scheduled before and after these hours, students should still be permitted to go outside during these times with consideration given to the following:
 - Minimising time in sunlight, especially in the middle of the day
 - The provision of adequate shade
 - A combination of sun protection measures: Protective clothing, hats and sunscreen.
- This SunSmart policy will be reflected in the planning of all outdoor events (eg camps, excursions, and sporting events).
- The school council will provide adequate shade structures for students as practicable; particularly over high density play areas such as sand pits and play equipment.
- Ensure that sun protective clothing is a part of our school uniform.
- Hot day timetables will be implemented at lunch recess times on days identified according to temperature and UV rating.
- The school newsletter 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.
- When enrolling children, parents will be informed of the SunSmart policy and the requirement of a suitable sun protective hat that protects their face, neck and ears (legionnaire, broad-brimmed or bucket hats – baseball or peak caps and visors are not considered a suitable alternative), covering clothing and sunscreen for their child's use (a broad-spectrum water resistant sunscreen SPF30+ will be provided by the school).
- At the beginning of Terms 1 and 4 staff, students and parents will be reminded of important aspects of sun safety and informed of updated information.

This policy was updated in 2016 and is due for review in February 2019