Belrose Public School

Sun Care Policy

Rationale

The Belrose Public School community believes that the next generation must grow up with an attitude that is different from previous generations where sun abuse had become a way of life.

Aim

Our aim is to encourage an attitude-shift, away from the ‘Bronzed Aussie’ ideal, to that of an automatic avoidance of the sun’s rays wherever possible. At school, this can occur both through the wearing of more sun-sensible clothing and through avoidance of exposure to the sun by modification of playing periods.

Guidelines

1. **No hat – play in the shade.** Children without a hat are asked to return to their class to retrieve their hat and wear it. Where a child does not have a hat at school, they are obliged to stay in the shade at all times during outside activities.

2. **All staff members** are reminded that their example is vitally important and they are therefore requested to wear a hat at all times during outside activities. This request also applies to voluntary helpers in school activities.

3. **Sport times.** All children must wear a hat whilst participating in sport activities. This includes both inter-school sport and intra-school sport. Students who do not possess a hat at school on sports days will be asked to stay in the shade throughout the sport time.
   Children are also encouraged to wear a broad spectrum, water resistant sun protection cream whilst playing sport or spectating.

   **At all sports carnivals**, both summer and winter, children and staff members are asked to wear a hat and protective clothing to minimise the damage to skin tissue. This is especially important at the swimming carnival.

4. **Lunch time.** The school spends the first 15 minutes of the lunch period under cover where children can eat their food in a structured, social environment away from the damaging effects of the sun’s rays.
   During extremely hot weather children will be encouraged to participate in quiet activities in the shade.

5. **Excursions.** Children must wear hats on excursions and sunscreen protection from the ultra-violet rays.

6. **Future directions.** As exposure to the sun’s ultra-violet rays becomes a greater health issue, the school community will continue to review our school sports uniforms in order to minimise the long-term risk to our students.

7. **Parental support.** The staff strongly requests the active support, by example, of the parent body for the school’s Sun Care Policy.

Parents are asked to provide their children with their own sunscreen for use at school as sunscreen products are not suitable for all students.