



# 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.**