



**NABIAC PUBLIC SCHOOL
STUDENT WELFARE
SUN/SKIN-SAFE POLICY**

AIM:

To help children develop the knowledge, attitudes and skills to adopt a healthy lifestyle which will reduce the risk of skin cancer.

OBJECTIVES:

Our sun protection measure strategies include:

- avoiding exposure to the sun by timetabling outdoor activities e.g. P.E., sport, assemblies, before 10.00am and after 2.00pm (11.00am – 3.00pm in daylight saving time) whenever possible
- utilising shaded and indoor areas
- using portable shade structures for carnivals
- planning for natural and built shade areas
- addressing sun protection measures for excursions
- wearing a sun safe wide brimmed school hat
- following the school rule: No Hat, No Play. This means that children without a hat will play in a shaded area on the playground.
- application of a 30+ sunscreen before children arrive at school
- always wearing a school hat to P.E., sport and other outdoor activities
- wearing the school hat on all school excursions where the uniform is required to be worn
- wearing shirts with collars and sleeves when appropriate
- staff members modelling good sun-safe behaviours in the playground
- promoting sun awareness through sun-safe lessons K-6 within the classroom each year
- promoting community/parent awareness of the need for skin protection through the school newsletter
- encouraging children to adopt some responsibility for their own welfare outside school as well as while at school.

On exceptionally hot days (35C+) the school will ensure that no-one:

- plays in the sun
- participates in outside activities

Parents will support the implementation of the school's protection policy by encouraging their children to wear correct uniform every day, including a sun-safe school hat.