SUNSMART POLICY

Help for non-English speakers

If you need help to understand the information in this policy, please contact the main office of Nelson Park school (03) 52783620.

1. RATIONALE:

a. 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. Sun exposure in the first 10 years of life is a major factor in determining future skin cancer risk.
b. 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.
c. The Sun Smart Policy has been developed to ensure that all students are protected from skin damage caused by the harmful ultra-violet rays of the sun.
d. Staff are encouraged to access the Sun Smart UV Alert at sunsmart.com.au/ to find out daily local sun protection times to assist with the implementation of this policy.
e. We use a combination of sun protection measures for all outdoor activities from mid-August to the end of April and whenever UV levels reach 3 and above, the level that can damage skin and eyes.
f. This policy applies to both the Libau and Illinois Campus and any difference between campuses is specified.

2. BEHAVIOUR:

a. All children will be encouraged to wear broad brimmed hats which protect the face, neck and ears whenever they are outside (e.g., recess, lunch, sport and excursions). Broad brim or legionnaires hats are preferred however any hat must be provided. If no hat is on, students must seek shade.
b. No undesirable/inappropriate/defamatory labelling/writing on any 'hat'.
c. Sun protective clothing is included in our school uniform / dress code and sports uniform. School clothing is cool, loose fitting and made of densely woven fabric. It includes shirts with collars and longer sleeves, longer style dresses and shorts and rash vests or t-shirts for outdoor swimming.
d. Nelson Park School will provide SPF50+ broad-spectrum, water-resistant sunscreen for staff and student use when they are on outside excursions.
e. Strategies are in place to remind students of Sun Smart behaviours before going outdoors.
f. Encourage children to use available areas of shade for outdoor activities.
g. Nelson Park School will encourage staff and parents to act as role models by practicing Sun Smart Behaviours.

3. CURRICULUM:

a. Incorporate programs on skin cancer prevention and vitamin D into the curriculum.
b. Regularly reinforce Sun Smart behaviour in a positive way through newsletters, parent meetings, student and teacher activities.

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4. ENVIRONMENT:

a. Students who do not have appropriate hats or outdoor clothing are asked to participate in inside Engaged Play activities.

5. STAFF OHS AND ROLE MODELLING:

As part of OHS UV risk controls and role modelling when the UV is 3 and above staff:

a. Wear sun protective hats, clothing and sunglasses when outside.
b. Apply SPF 50+ broad-spectrum, water-resistant sunscreen.
c. Seek shade whenever possible.

6. EVALUATION:

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

Policy last reviewed	17/03/2025
Approved by	Principal / School Council
Next scheduled review date	March 2028