

ESSEX HEIGHTS PRIMARY SCHOOL

SUNSMART POLICY

1.0 PHILOSOPHICAL BASIS

Too much exposure to ultraviolet radiation from the sun causes sunburn, skin damage and increases the risk of skin cancer. Australia has the highest rate of skin cancer in the world. Sun exposure in the first 15 years of life contributes significantly to the lifetime risk of skin cancer. All students attending Essex Heights Primary School are encouraged to adopt SunSmart behaviours thus minimizing skin damage caused by the harmful ultra-violet rays of the sun.

2.0 GUIDELINES

- 2.1 All students will be expected to wear a wide brim or legionnaires-style hat whenever they are outside during Terms 1 and 4. This includes playtime, lunchtime, PE lessons, sports days and excursions.
- 2.2 All students without a hat must sit in a shaded area. Students should be encouraged to bring their hat daily by the classroom teacher.
- 2.3 All staff are expected and visitors to the school are encouraged to model SunSmart behaviours when outdoors.
- 2.4 Where possible, adequate shade provision will be made available at all outdoor events.
- 2.5 The school will maintain and endeavour to increase sheltered play areas in the school grounds and encourage students to use these areas.
- 2.6 Essex Heights Primary School will incorporate programs on skin cancer prevention into the Health Curriculum.
- 2.7 Particular care will be taken between the hours of 10am and after 2pm (11am and 3pm daylight saving time) when UV index levels reach their peak during the day.
- 2.8 At the Principal's discretion in conjunction with the teacher, Physical Education lessons will be taken in the shade, undercover facility or rescheduled whenever the students are exposed to extreme heat.

- 2.9 At the Principal's discretion, modified playtimes may be arranged when there are extreme temperatures which could affect student wellbeing.
- 2.10 The school will encourage the application of sunscreen at home.
- 2.11 Students wishing to wear sunglasses will be permitted to do so.
- 2.12 Water bottles containing water only, are to be encouraged as part of daily classroom operation.
- 2.13 SunSmart behaviours will be reinforced and promoted to the wider school community.

Andrew Crossett

James Fitzpatrick

Principal

School Council President

School Council-August 2011