SUNSMART POLICY

Essex Heights Primary School will create healthy environments and encourage appropriate behaviours to allow some UV exposure for vitamin D and minimise overexposure to reduce skin and eye damage and skin cancer risk. We encourage behaviour change through education and role modelling. This policy is intended to protect staff and students from harm caused by overexposure to ultraviolet (UV) radiation.

1.0 GUIDELINES
1.1 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.

1.2 All students without a hat must sit in a shaded area. Students should be encouraged to bring their hat daily by the classroom teacher.

1.3 All staff are expected and visitors to the school are encouraged to model SunSmart behaviours when outdoors.

1.4 Where possible, adequate shade provision will be made available at all outdoor events.

1.5 The school will maintain and endeavour to increase sheltered play areas in the school grounds and encourage students to use these areas.

1.6 Essex Heights Primary School will incorporate programs on skin cancer prevention into the Health Curriculum.

1.7 Particular care will be taken between the hours of 10am and 2pm (11am and 3pm daylight saving time) when UV index levels reach their peak during the day.

1.8 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.

1.9 At the Principal’s discretion, modified playtimes may be arranged when there are extreme temperatures which could affect student wellbeing.

1.10 The school will encourage the application of sunscreen at home.

1.11 Students wishing to wear sunglasses will be permitted to do so.
1.12 Water bottles containing water only, are to be encouraged as part of daily classroom operation.

1.13 SunSmart behaviours will be reinforced and promoted to the wider school community.

2.0 EVALUATION
   This policy will be reviewed as part of the School Council’s Review Cycle.

Andrew Crossett                              Trevor Sharrock

Principal                                   School Council President

School Council – September 2015