



# Junction Park State School

*The School with Heart*



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## NO HAT, NO PLAY

At Junction Park we adhere to a strict 'no hat, no play' policy.

- All students and staff are expected to have a broad brimmed hat or legionnaire's hat with them at school.
- Blue hats with the school logo are available to purchase at the uniform shop. Our dress code encourages the wearing of this school hat.
- Baseball hats do not provide adequate protection for the ears and neck and are therefore not appropriate as a form of sun protection.
- All students and staff must wear their hats during all outdoor activities and when moving outdoors to travel from one location to another during the school day.
- All students and staff must wear their hats during morning tea and lunch breaks when outdoors.
- Hats are an essential prerequisite for attendance at outdoor excursions and camps.
- Children not wearing the prescribed hat are not permitted to participate in outdoor activities or play periods. They will be required to report to a designated under cover area.
- The school's behaviour management policy will be applied in repeated infringements of the 'no hat, no play' policy.

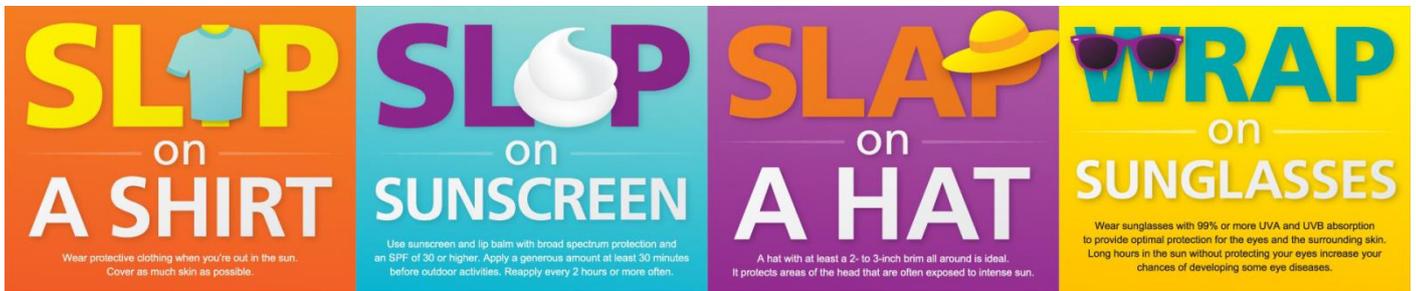


## SUN PROTECTION POLICY

The health of the members of our school community is of primary concern to us at Junction Park. We will actively teach, promote, encourage, and support sun protection strategies at our school. This policy was developed in accordance with Education Queensland guidelines and information supplied by the Queensland Cancer Fund and the Australian Cancer Council.

Whenever possible we will:

- Provide effective educational programs on sun safety and preventative measures. These programs will form part of our school health and physical education programs, workplace health and safety programs, and grounds and facilities development.
- Maximise the use of existing shade and facilities. Where these are not adequate we will seek to work with our school community and relevant authorities to provide more shade and temporary shade for special events.
- Provide flexible planning of activities to reduce as far as practicable, time spent by students in the sun between 10:00am and 2:00pm.
- Consider sun protection factors when determining or reviewing the school dress code and uniform designs.
- Require the wearing of protective clothing including appropriate hats when outdoors during the school day. During swimming lessons, sun protection t-shirts should be worn.
- Encourage the use of maximum protection sunscreen on all uncovered areas of the skin, such as the face, arms, and back of hands. This is especially important during swimming lessons.
- Consider sun protection when planning Parents' and Citizens' Associations projects or activities or other Outside School Hours Care activities.
- Promote sun safety through posters, newsletters, brochures, and regular announcements at parades and assemblies.
- Promote the importance of staff, parents, and voluntary helpers as role models for students in relation to sun protection strategies.
- Review the school's sun protection policy annually.



## LET'S BE SUN SMART

policy and strategies for a sun smart school

The following simple steps meet the requirements of our school's sun protection policy and will assist in reducing the risks associated with overexposure to the sun.

### 1. UV Index

- Access the daily UV index to determine the level of risk. The index is provided by the weather bureau and is expressed as a score from 1 to +10. It is published in the daily newspapers, broadcast on the radio and television and is available on the internet.
- On days of higher index values take a greater level of sun safety protection than would be necessary on days of a lower index value.

### 2. Time Limit

- UV is most intense between the hours of 10:00am and 2:00pm (EST) so plan outdoor activities outside these times where possible. No matter what time of day, limit time in the sun to a minimum.
- Limit time in the sun all year round. Even in cooler months and during cloudy weather UV can still penetrate and cause severe sunburn.
- If you must be outdoors during peak times use shade or find shaded areas for activities.
- Umbrellas, trees, shade cloths and shadows from buildings may provide protection

### 3. Protective Clothing

- Wear clothing that covers the most skin such as shirts with collars, sun safe swimsuits, shoes and socks.
- Wear darker colours with tight knit fabrics as these absorb more UV than lighter, loose knit clothing.
- Wear wide brimmed or legionnaire style hats to protect the face, ears and neck.
- Wear UV block rated sunglasses to protect eyes from UV.

### 4. Sunscreen

- Use sunscreen in addition to protective clothing.
- Use broad-spectrum sunscreens with a minimum sun protection factor (SPF) of +15 or greater.
- Apply sunscreen at least half an hour before exposure and reapply every two hours or after swimming or heavy perspiration.
- Apply sunscreen liberally and wear it under makeup or insect repellent.

### 5. Slip, Slop, Slap, Wrap

- Development of skin cancer is related to the exposure to the sun as a child or adolescent. The primary triggers are accumulated exposures and severe sunburn.
- Children need to know how to play safe in the sun by learning to wear cover up clothing and sunglasses, using sunscreen and wearing hats or playing in shade.
- Teach children to SLIP on a hat, SLOP on some sunscreen, SLAP on a hat, and WRAP on some sunglasses.