



# Keeping students healthy

## Helping children prevent illness



By encouraging your child to be physically active from an early age you can help them to develop healthy habits that will continue throughout their lives.

### How to encourage your child to be active

- You are a role model for your child – if your child sees you enjoying physical activity it can encourage them to participate.
- Make time to be active as a family – go for a bushwalk or beach walk, go bike riding or walk the dog
- Buy gifts that encourage physical activity, such as bats and balls
- Have a basketball or netball hoop installed at your house, keep balls in the car for visits to the park
- Start slowly and build up the amount of activity if your child is not currently active.

For more ideas about healthy lifestyles  
[www.healthykids.nsw.gov.au](http://www.healthykids.nsw.gov.au)

### Sun protection

Most of the sun exposure that causes skin damage occurs during childhood and adolescence, so our school has in place sun protection policies and practices aimed at protecting children from the damaging effects of the sun.

#### At school your child will be encouraged to protect their skin by:

- Reducing their exposure to the sun
- Wearing a hat in the playground
- Having a 'No hat, play in the shade' policy for recess and lunchtime
- Wearing clothing with collars
- Remaining in the shade whenever possible, particularly during peak UV times.

Please apply 15+ broad-spectrum sunscreen on your child each day before school.

#### To prevent illness, children need to:

- Eat plenty of fruits and vegetables and drink lots of water
- Get enough sleep at night
- Have time to rest without planned activities
- Wash hands regularly with soap and running water
- Try to avoid contact with people who are not well.

### If your child is sick

Keep your child away from school and see your doctor if your child has any of the following:

- A fever of 38° C or above
- Vomiting or diarrhoea
- Severe cold or flu symptoms
- Rashes of an unknown origin.