



PROCEDURE: SUNSMART

RATIONALE:

Excessive exposure to ultraviolet radiation (UVR) from the sun causes sunburn, skin damage and increases the risk of skin cancer. New Zealand has among the highest melanoma rates in the world. One or more episodes of sunburn in childhood and adolescence have been shown to increase the risk of melanoma late in life.

This sun protection policy will apply during Terms 1 and 4 (especially between 10 a.m. and 4.00 p.m.). However, from the beginning of September UVR levels are increasing, therefore, sun protection should be used in September when children are outdoors for extended periods e.g. sports days. During the winter months' sun protection is unnecessary.

This policy is adopted from so that children attending Cannington School are protected from harmful UVR from the sun.

As part of general SunSmart strategies, during Terms 1 and 4, especially between 10 a.m. and 4.00 p.m., our school will:

GUIDELINES:

- ✓ Require children to wear broad-brimmed (min 7.5cm) legionnaire or bucket hats (min 6cm brim, deep crown) when they are outside e.g. interval, lunch, sport, excursions and activities during Terms 1 and 4.
- ✓ Provide extra hats for children to borrow if appropriate.
- ✓ Encourage children to wear clothing that protects the skin from the sun e.g. sleeves and collars. Request that children wear shirts at all times which cover their shoulders, backs and midriffs.
- ✓ Implement a "No Hat, Play in the Shade" policy. Require children without hats, or with bare shoulders to play in shade or indoors.
- ✓ Work with wider school community to promote students' use of SPF 30+ broad-spectrum sunscreen and ensure it is available for students when extended outdoor activity is required. (1)
- ✓ Encourage staff to role model SunSmart behaviour, particularly the use of appropriate hats, within the school grounds and during outdoor school activities.
- ✓ Regularly publicise and reinforce the SunSmart Policy, e.g. through newsletters, parent meetings, student and teacher activities.

- ✓ Inform parents of the SunSmart Policy at enrolment, especially the use of appropriate hats, clothing, SPF 30+ sunscreen, and encourage parents to practise SunSmart behaviours themselves.

CURRICULUM:

- ✓ Incorporate SunSmart education and activities at all levels each year when delivering the curriculum. Resources are available at www.sunsmartschools.co.nz
- ✓ Work towards developing and improving existing shade, particularly in areas where students congregate. Shade can be both built and natural.
- ✓ Include a sun exposure assessment in the RAMS for any EOTC plan for outdoor activity.
- ✓ Whenever possible schedule outdoor activities and sports events before 10.00 a.m. (2)
- ✓ Organise outdoor activities to be held in areas with plenty of shade whenever possible.
- ✓ Use gazebos for outdoor events such as athletics sports.

REINFORCEMENT AND EVALUTION:

- ✓ Ensure ongoing assessment of SunSmart behaviour, shade provision and curriculum emphasis.
- ✓ Review of SunSmart policy by the Board of Trustees and Principal at least every 3 years.

(1) Sunscreen should not be the sole or primary form of protection.

(2) The Cancer Society recommends holding school excursions early in the day to cut down the exposure to UVR. Plan them for venues where adequate shade is available or alternatively provide your own shade by taking umbrellas or tents.