



## **SUN PROTECTION POLICY**

### **RATIONALE**

New Zealand has one of the highest incidences of melanoma in the world. The major cause, over-exposure to the sun during childhood and adolescence, can be easily avoided. By following these guidelines, students, staff and parents will be encouraged to take responsibility for protecting themselves from the harmful effects of the sun.

This Sun protection Procedure will apply during Terms 1 and 4 (especially between 10am and 4pm. However, the UV index can be checked during September too when UV levels start to increase. Therefore, if students are outside for extended periods (eg. sports days), sun protection should be used then too. During the Winter months, sun protection is not needed except at high altitudes in reflective conditions (eg. snow or water).

### **PURPOSE**

1. Increase student and community awareness of the harmful effects of the sun and practical means of sun protection.
2. Develop strategies which encourage responsible decision making about sun protection.
3. Continue to work towards a school environment that provides shade for students, staff, parents and visitors.
4. Ensure students wear hats for outdoor activities and at high risk times e.g. during sport, lunch times, school camps and trips.

### **GUIDELINES**

As part of general sun protection strategies, the school will;

- Enforce the wearing of hats by students and staff during Terms 1 and 4, between 10am and 4pm.
- Require students and staff to wear broad brimmed hats (minimum 7.5cm) or

bucket style hats (minimum 6cm and deep crown) that protect the face, neck and ears when they are outside (e.g. interval, lunch, sport, P.E., excursions and activities)

- Ensure there are enough shelters and trees providing shade in the school grounds.
- Incorporate programmes on sun protection into the curriculum.
- Ensure that lunch is eaten in the shade.
- Students will play in the shade when they do not have their hats. This is compulsory.
- Schedule outdoor activities, e.g. P.E, and sports events, before 10am or after 4pm whenever possible. When scheduling within these times is unavoidable, the school will endeavour to provide as much shade as possible.
- Students are encouraged to wear sun protective clothing (sleeves and collars are part of the school uniform).

Staff will act as role models by:

- Wearing appropriate hats for all summer outdoor activities.
- Seeking shade whenever possible.
- Regularly reinforce the Sun Protection Procedure in a positive way through newsletters, assemblies and teacher activities.
- Work with the wider community to promote students' use of broad spectrum SPF 30+ sunscreen and the wearing of appropriate clothing. eg. tops that cover the shoulders and neck.
- Broad spectrum SPF 30+ sunscreen will be made available at the office and for use at special outdoor events and activities during Terms 1 and 4.
- Continue ongoing evaluation by updating the curriculum, assessing shade provision and reviewing the sun smart behaviour of students and staff.
- This policy will be reviewed every 2 years by the Board of Trustees and Principal to see if improvements can be made.

Reviewed: December 2019

Next Review: December 2021