



POLICY 5.1.2

SUN SMART

Rationale:

Excessive exposure to ultraviolet radiation (UVR) from the sun causes sunburn, skin damage and increases the risk of skin cancer. New Zealand, along with Australia, has 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 later in life.

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

This policy is adopted (since March 2012) so that children attending Tokomaru School are protected from harmful UV radiation from the sun.

As part of general Sun Smart strategies, during Terms 1 and 4, between 10am and 4pm, our school will:

Behaviour

- Require children to wear a school issued broad-brimmed (min 7.5cms), bucket hats (min 6 cm. 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.
- Implement a "No Hat, Play in the Shade" policy. Require children without hats to play in shade or indoors.
- Work with wider school community to promote students' use of SPF 30+ broad-spectrum sunscreen. (1)
- Encourage children to wear clothing that protects the skin from the sun (e.g. sleeves and collars).
- Require staff to role model Sun Smart behaviour, particularly by wearing an appropriate hat when outside, within the school grounds and during outdoor school activities.
- Regularly publicise and reinforce the Sun Smart Policy, for example, through newsletters, parent meetings, student and teacher activities.
- Inform parents of the Sun Smart Policy at enrolment (through the Parent Handbook), especially the use of appropriate hats, clothing, SPF 30+ sunscreen, and encourage parents to practise Sun Smart behaviour themselves.

Curriculum

- Incorporate Sun Smart education and activities at all levels when delivering the curriculum.

Environment

- Work towards developing and improving existing shade, particularly in areas

where students congregate. Shade can be both built and natural (e.g. constructed shelter and trees).

- Whenever possible schedule outdoor activities and sports events before 11am. (2)
- Organise outdoor activities to be held in areas with plenty of shade whenever possible.

Enforcement and evaluation

- Ensure ongoing assessment of Sun Smart behaviour, shade provision, and curriculum emphasis.
- Review of the Sun Smart 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 UV radiation. Plan them for venues where adequate shade is available or alternatively provide your own shade by taking umbrellas or tents.

REVIEWER: S. Mudgway
APPROVED: (Updated) October 2019
NEXT REVIEW DATE: March 2022

APPROVED BY _____ **DATE** ___/___/___
Chairperson, BOT