



## Sun Safe Procedure: 514

### Rationale

Excessive exposure to ultraviolet radiation (UVR) from the sun causes sunburn, skin damage and increases the risk of skin cancer. New Zealand and Australia have 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 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). Some sun exposure is important to maintain healthy levels of Vitamin D. During the winter months sun protection is unnecessary. The school uniform is SunSmart (collars and sleeves on the tops and long shorts for the summer terms).

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

- Require children to wear the school uniform bucket sunhat which is provided by Home and School. Implement a "No Hat, Play in the Shade" policy.
- Encourage staff to be role models for SunSmart behaviour.
- Regularly publicise and reinforce the SunSmart message, for example, through newsletters, parent meetings, and student and teacher activities.
- Inform parents and caregivers of the SunSmart procedure at enrolment, and encourage parents to practise SunSmart behaviour themselves when helping with school activities.
- Incorporate SunSmart education and activities as part of the health curriculum annually.
- Provide and maintain shady areas, large shade trees, sandpit roof, swimming pool pergolas and sun tough veranda.
- Consider sun safety when planning special events such as athletics or EOTC.
- Organise outdoor activities to be held in areas with plenty of shade whenever possible.
- Encourage the use of 30+ broad spectrum sunscreen when outdoor activities and sports days are being held.