

## SunSmart Policy

### Rationale:

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

This policy is adopted from January 2012 so that children attending Paparangi School are protected from harmful UV radiation from the sun.

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

### Behaviour

- Require children to wear broad-brimmed (min 7.5cm), legionnaire or bucket hats (min 6cm brim, deep crown) 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 community to promote students use of SPF 30+ broad – spectrum sunscreen.
- Encourage children to wear clothing that protects the skin from the sun (e.g. long sleeves and collars).
- Encourage Staff to role model SunSmart behaviour, particularly the use of appropriate hats within the school grounds and during outdoor activities.
- Regularly publicise and reinforce the SunSmart Policy via school newsletters and website.
- Inform parents of the policy at enrolment, especially the use of appropriate hats, clothing and SPF30+ sunscreen.

### Curriculum

- Incorporate SunSmart education and activities at all levels via the Health curriculum.

### Environment

- Work towards developing and improving existing shade, particularly where students congregate.

- Whenever possible schedule activities and sports events before 10am.
- Organise outdoor activities to be held in areas with plenty of shade whenever possible.
- The policy is reflected in the planning of all outdoor events (eg camps and sporting events).

### **Reinforcement and Evaluation**

- Ensure ongoing assessment of SunSmart behaviour, shade provision, and curriculum emphasis.
- All staff, students and parents/caregivers are informed of the policy.
- Review of the SunSmart Policy by the Board of Trustees and Principal at least every 3 years.

**Approved: 13 July 2011**

**Review Date: July 2014**