



# West End School

Te Kura O Urumutu

## Sun Smart Policy (West End School)

### **RATIONALE:**

Excessive exposure to ultraviolet radiation (UVR) from the sun causes sunburn, skin damage and increases the risk of skin cancer. New Zealand has one of the highest melanoma rates in the world. Getting sunburnt in childhood and adolescence will increase the risk of melanoma and other skin cancers in later life.

### **PURPOSE:**

- To encourage children, parents/caregivers and staff to follow the guidelines of the Cancer Society during Terms 1 and 4, especially between 10am and 4pm in relation to the prevention of Melanoma. 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.
- To ensure children are protected from harmful UV radiation from the sun.
- To increase awareness of skin cancer risks among children, parents and staff.
- To promote strategies that encourage skin protection.

### **GUIDELINES**

These procedures are to be implemented in Terms 1 and 4.

#### ***Behaviour***

- Require children to wear broad-brimmed legionnaire or bucket hats (minimum 6cm brim) when they are outside (e.g. interval, lunch, sport, excursions and activities) during Terms 1 and 4.
- 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).
- 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, for example, through newsletters, parent meetings, student and teacher activities.
- Regularly Inform parents of the SunSmart procedures including enrolment, especially the use of appropriate hats, clothing, SPF 30+ sunscreen, and encourage parents to practise SunSmart behaviour themselves.

#### ***Curriculum***

- Incorporate SunSmart education and activities at all levels when delivering the curriculum where appropriate.

#### ***Environment***

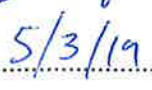
- Work towards developing and improving existing shade, particularly in areas where students congregate. Shade can be both built and natural (e.g. constructed shelter and trees).
- Whenever possible schedule outdoor activities and sports events before 11am. (2)
- Organise outdoor activities to be held in areas with plenty of shade whenever possible.

#### ***Reinforcement and evaluation***

- Ensure ongoing assessment of Sun Smart behaviour, shade provision, and curriculum emphasis.
- Review of the Sun Smart procedures in line with the schools self-review and audit plan "At least once every three years".

Signed:  (Board Chair)

Name: 

Date: 

Review Date: .....