

DRAFT

POLICY

SUN PROTECTION

Rationale

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

This sun protection policy will apply during Terms 1 and 4, (especially between 10 am and 4 pm). However, from 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). During the winter months sun protection is not usually needed except at high altitudes in highly reflective environments, for example, in snow, or skiing.

Purposes

- To increase student and community awareness of melanoma and practical means of protection.
- To develop strategies which encourage responsible decision making about skin protection.
- To maintain a school environment which, where possible, provides shade for students and staff.
- To encourage students and staff to wear protective clothing and hats for outdoor activities and at high risk times, eg during sport, lunchtimes, school camps and trips.

Guidelines

Action: Behaviour

A code for students and staff:

- Wearing hats for PE, sports days, intervals and lunchtimes in Terms 1 and 4.
- Wearing clothing which protects skin from the sun.
- Applying a broad spectrum sunscreen before going out into the sun.
- Staying in the shade where possible and avoiding sunbathing.
- Students not wearing hats will need to play in designated shady areas at intervals.
- Positive reinforcement programmes will be used to acknowledge compliance.

Action: Environment

A ground policy to include:

- Regularly assessing the school grounds for provision of adequate shade.
- Planting trees and/or providing alternative shade.
- Considering shade provision in all future development of the grounds.

Action: Curriculum

There are many places in the school curriculum, for example, health, PE and science, which can incorporate lessons about skin care, self-esteem and personal responsibility.

Conclusion

Campbells Bay School will achieve and maintain the Cancer Society Sun Smart accreditation. Students and staff at Campbells Bay School will have a clear set of guidelines relating to sensible outdoors living between October-March. Compliance will reduce the risk of skin cancer thereby improving the health of students and staff.