



## Sample SunSmart Schools Accreditation Policy for Primary and Intermediate Schools

### 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 11 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 unnecessary.

This policy is adopted from (DATE) so that children attending (school name) are protected from harmful UV radiation from the sun.

As part of general SunSmart strategies, during Terms 1 and 4, between 11 am and 4 pm, our school will:

### Behaviour

- Require children to wear broad-brimmed (min 7.5 cms), legionnaire or 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).
- 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.
- Inform parents of the SunSmart Policy at 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.

### 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 SunSmart behaviour, shade provision, and curriculum emphasis.
- Review of the SunSmart policy by the Board of Trustees and Principal at least once 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.

Policy Prepared by: \_\_\_\_\_ (Name or title e.g. BoT) on

Policy approved by: \_\_\_\_\_ (Name or title e.g. BoT) on

Policy will be reviewed on \_\_\_\_\_