



## ST THERESA'S SCHOOL

### SUNSMART POLICY

#### RATIONALE

New Zealand has among the highest melanoma rates in the world. Melanoma is one form of skin cancer. 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.

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

#### Being SunSmart

- Require children to wear broad-brimmed (minimum 7.5cm) or a bucket hat (minimum 6cm brim and a deep crown), when they are outside – for example during interval, lunch, sports, excursions and activities.
- Encourage students to wear clothing that protects their skin from the sun even when out of uniform (for example with sleeves and collars, and rash tops when swimming outside).
- Implement a “No Hat, Play in the Shade” policy. Require children without hats or with bare shoulders to play in the shade or indoors.
- Work with the school community to promote students’ use of SPF 30 broad-spectrum sunscreen.
- Make sunscreen available to students at school outdoor activities, particularly at sports days and similar events.
- Encourage all staff to role model SunSmart behavior, for example use appropriate hats within the school grounds and during outdoor school activities.
- Regularly publicise and reinforce the SunSmart Policy (for example through newsletters, school website, parent meetings, and student and teacher activities).
- Talk to parents about the school’s SunSmart Policy at enrolment and encourage parents to practice SunSmart behavior, i.e. in school newsletters and enrolment packs.

#### A Curriculum that includes SunSmart education

- Include SunSmart education and activities as part of the school’s curriculum at all levels. For curriculum resources visit the SunSmart Schools website [www.sunsmartschools.org.nz](http://www.sunsmartschools.org.nz)

#### Building a SunSmart environment

- Work towards developing and improving existing shade in areas where students gather. Shade can be both built (shade verandas) and natural (trees).
- Include a sun exposure assessment in the Risk Analysis and Management System for any Education Outside the Classroom (EOTC) plan for outdoor activity.
- Hold outdoor activities in areas with plenty of shade wherever possible.
- Consider the possibility of rescheduling suitable outdoor events/activities to early morning/late afternoon.

#### Supporting and evaluating SunSmart behaviour

- Ensure on-going assessment of SunSmart behavior, shade and curriculum emphasis.

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