



## Concord School Sun Smart Policy

### Rationale:

Excessive exposure to ultraviolet radiation (UVR) from the sun causes sunburn, skin damage and increases the risk of skin cancer. New Zealand and Australia have 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 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). During the winter months sun protection is unnecessary.

Note: There are also benefits from sun exposure, including Vitamin D absorption, which is important for the development of healthy bones, muscles, and teeth. However, sensible sun protection behaviour should not put people at risk of vitamin D deficiency. During the daylight-saving months most people get enough UVR exposure to achieve adequate vitamin D levels through incidental sun exposure outside peak UVR times. During the winter months, students should be encouraged to actively enjoy the sun.

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

### Behaviour

- Require children to wear a school regulation brimmed hat when they are outside (e.g. interval, lunch, sport, excursions and activities). Operate a no hat play in the shade policy
- Require children to eat lunch in a shady place, if possible, e.g. on the deck under the roof, under the trees etc
- Hats are issued to pupils but are required to stay at school when not in use
- Encourage children to wear clothing that protects the skin from the sun (e.g. sleeves and collars). The school uniform is sun smart
- Encourage staff to role model Sun Smart behaviour, particularly the use of appropriate hats, within the school grounds and during outdoor school activities
- Regularly publicise and reinforce the Sun Smart Policy, for example, through newsletters, at assembly, and student and teacher activities
- Inform parents of the Sun Smart Policy at enrolment, and encourage parents to practise Sun Smart behaviour themselves when helping at school (role modelling wearing a wide brimmed hat when outside)
- Encourage the use of SPF30+ sunscreen when children are outdoors for extended periods such as on school camps and during sports days (1)

## Curriculum

- Incorporate Sun Smart 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 in areas with plenty of shade

## Reinforcement and evaluation

- The BOT and principal review the Sun Smart policy regularly, including making suggestions or improvements at least once every three years

Sunscreen should not be the sole or primary form of protection.

The Cancer Society recommends holding school excursions early in the day to cut down the exposure to UV radiation whenever possible.

**Signed:** .....  
(Principal)

**Date:** .....

**Signed:** .....  
(Board Presiding Member)

**Date:** .....