



HERIOT SCHOOL SUNSMART POLICY

Purpose

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 one and four, (especially between 10.00am – 4.00pm.) 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 (except on a ski trip). 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.

Objectives:

As part of general Sun-Smart strategies during terms one and four, between 10.00am and 4.00pm, our school will:

Behaviour

- Require children to wear broad-brimmed (minimum 7.5cm) hats when they are outside (e.g. brain-break, fitness, playtime, lunch, waiting for the bus, excursions and activities) during terms one and four.
- Provide extra hats for children to borrow if appropriate.
- Implement a 'No hat, play in the shade' policy. This means children without hats play in the designated shade areas or indoors.
- Work with the wider school community to promote students' use of at least SPF 30+ broad spectrum sunscreen and regularly publicise; that the Heriot School is a SUNSMART school, has a policy and what SUNSMART behaviour is expected. This will be done through newsletters at the beginning of terms one and four and information will be issued to parents when enrolling their child.



- Require children to wear the school uniform that protects the skin from the sun (e.g. sleeves and collars.)
- Encourage staff to role model Sun-Smart behaviour, particularly the use of appropriate hats, within the school grounds and during school outdoor activities.
- Children after school will be required to wear a sunhat while waiting for the school bus.
- School ski trips will require children to wear at least SPF 30+ broad spectrum sunscreen to any exposed skin surface and to reapply two hourly while in the snow.

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. E.g. Use of further deciduous trees in or near the playground areas.
- A documented audit of shade will be implemented annually.
- Organise outdoor activities to be held in areas with plenty of shade wherever possible.
- Include sun protection in the risk management plan developed for all EOTC activities.

Reinforcement and Evaluation

- Ensure ongoing assessment of Sun-Smart behaviour, shade provision and curriculum emphasis
- Review of the Sun-Smart policy by the Board of Trustees and Principal at least every three years.

Review schedule: Triennially