

# ST JOSEPH'S SCHOOL

## SUN PROTECTION PROCEDURE



*At St Joseph's School we acknowledge that Catholic Education, centred on a daily encounter with Jesus, is part of a life-long process leading to a full and rewarding life.*

### **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 rates of skin cancer in the world. One or more episodes of sunburn in childhood and adolescence increase the risk of melanoma later in life.

1. The sun protection procedure will be implemented during Terms 1 & 4 especially between the hours of 10:00 am and 4:00 pm. However, from the beginning of September, UVR levels are increasing, therefore sun protection should be used in September when students 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 and skiing.
2. Sun exposure during Terms 2 and 3 is important for the absorption of Vitamin D and the development of healthy bones, muscles and teeth.
3. The regulation broad brimmed legionnaire style sunhat is compulsory for outside play during Terms 1 & 4. Students will be expected to wear hats, protective clothing and sunblock when involved in outdoor activities (playtime, lunchtime, sports trips; and camps). Students without sunhats are to be in the shade area.
4. Staff will act as role models by employing appropriate sun protective behaviour for summer outdoor activities i.e. wear sunhats. The procedure plan will be circulated to staff at the beginning of Terms 1 and 4.
5. Students will eat lunch in the seated sun shade area.
6. SPF30+ Broad Spectrum Sunscreen will be available for staff and students and its use encouraged, especially on days of high risk.
7. The sun protection procedure will be enforced in a positive way through school newsletters and Health programmes.
8. Parents will be informed of the sun protection procedure at enrolment; especially the use of appropriate hats, clothing, SPF30+ sunscreen, and encourage parents to practice SunSmart behaviour themselves.

9. Whenever possible, outdoor activities and sports events will be scheduled before 10:00 am. Outdoor activities will be held in areas with plenty of shade.
10. SunSmart education and activities will be incorporated at all levels when delivering the curriculum. [www.sunsmartschools.co.nz](http://www.sunsmartschools.co.nz)
11. EOTC Planning will include a sun exposure assessment in the Risk Analysis Management System for EOTC planning for outdoor activities.
12. The BOT will review sun protection practice and the development of shade areas at least 3 yearly.

Procedure Reviewed: November 2020

Next Review Date: 2023