

HAVELOCK SCHOOL BOARD OF TRUSTEES - MARLBOROUGH

Policy Statement: Shady School ~ 5.41

Rationale

New Zealand has one of the highest incidences of melanoma in the world. Over-exposure to the sun during childhood and adolescence is thought to be a major cause - one that can be avoided. UV radiation increases sharply from October and reaches its peak at the end of the year and decreases again during March. A *Shady School* or *SunSmart* policy is needed for the months October to March. Children and adults can be burned after 10 - 20 minutes' exposure between 11am and 4pm especially in Marlborough.

Purpose/Goals

- 1 To ensure our school is a safe physical environment
- 2 To increase student and community awareness of melanoma and practical ways of skin protection
- 3 To encourage responsible decision-making about skin protection - *slip, slop, slap and wrap*
- 4 To promote and provide a school environment that provides shade for students, staff and parents
- 5 To ensure students are presented with suitable role models at school and on school excursions

Guidelines/Procedures

Behaviour

- 1 During Terms 1 & 4 the wearing of a SunSmart¹ hat and SunSmart² clothing on sports days, during morning breaks and lunchtimes will be compulsory. Students without will be directed to seek shade
- 2 When participating in and attending outdoor school activities, staff and students are to wear SunSmart hats/clothing and parents encouraged to do likewise
- 3 Applying at least an SPF 30+ broad-spectrum sunscreen before going out into the sun. (Available in classrooms.)
- 4 Staying in the shade where possible and avoiding sunbathing

Environment

- 1 Monitoring the school environment for shade
- 2 Planting trees or shaded areas for students
- 3 Planning for shade in future development of the grounds

Curriculum

- 1 During November/December and again in February, classes spend some class time using promotional and resource material to re-visit the SunSmart message
- 2 In any/all curriculum areas ie Science, Technology, Health/PE, Maths etc teaching/learning can incorporate the message about shade and melanoma

Reinforcement & Monitoring

- 1 SunSmart is promoted to the whole community including caregivers through a range of activities including the following; enrolment, assemblies, staff & community meetings, newsletters and triennial review round of consultation with the community

Conclusion

A community that shows by example that it is committed to protecting itself from the effects of exposure to the sun promotes the wider interests of its members. Putting the educational message into practice shows that learning is real and meaningful.

This and the original version (Nov 1997) drafted by the Cancer Society & Ernie Buutveld.
Reviewed 02, 03 and 07. This version 3.2 2013.

Formally Adopted: Oct 2013

To be Reviewed: 2016/3

1 A SunSmart hat is deemed to protect the ears, nose and neck areas and will be of sufficiently dense material to achieve this.

2 No singlets/string tops ie shoulders, back and upper arms at least are protected by suitably dense clothing .