



# Mount Eden Normal

## PRIMARY SCHOOL

Te Whare Akoranga o Maungawhau

POLICY

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Sun Safety

### Rationale

The School is required by National Administration Guideline (“**NAG**”) 5 to:

- provide a safe physical and emotional environment for students;
- comply in full with any legislation currently in force or that may be developed to ensure the safety of students and employees.

Excessive exposure to ultraviolet radiation (UVR) from the sun causes sunburn, skin damage and increases the risk of skin cancer. Skin cancer is the most commonly diagnosed cancer in New Zealand. Melanoma is the most serious type, and our rates are amongst the highest in the world.

Skin cancer is largely preventable. Over 90% of all skin cancer cases are attributed to excess sun exposure.

SunSmart behaviours are recommended by the Cancer Society to protect from excess UV exposure, particularly to the neck, ears, and face, which are exposed to more UV than other parts of the body, with use of appropriately UV-protective hats in schools strongly advised whenever ultraviolet index (UVI)<sup>1</sup> levels are 3 or higher. For most parts of New Zealand this is between September and April, especially between 10am and 4pm.

## Purpose:

To ensure that reasonable and practicable steps are taken by the school to ensure the safety of staff, students, visitors and contractors on the School site by implementing clear guidelines and requirements in accordance with all relevant Health & Safety legislation and advice from the NZ Cancer Society.

## Requirements:

- All children and staff use a combination of sun protection measures when outdoors at school during periods when UV Index levels likely to be 3 and above. The policy will be applied during peak sun exposure months, including all trips, activities, lessons and break-times that take place outdoors. Children who do not bring a hat will be required to remain in shaded areas during break times
- **Shade:** The school site offers a number of natural and purpose-built sheltered areas (eg. Trees, verandahs etc) providing enough coverage for all children playing outside
- The availability of shade must also be considered when planning excursions and outdoor activities off-site
- **Clothing:** Students are required to wear MENPS hats and clothing which covers the shoulder area, in line with the school's Uniform Policy. For EOTC and other outdoor activities (such as sports, non-uniform days etc) where children may be permitted to wear non-uniform clothing, shoulders must be covered, areas of exposed skin must be limited and MENPS hats must be worn where practicable.
- Children who do not have appropriate hats or outdoor clothing will be required to play in the shade, and should be directed to an appropriately-shaded area during outdoor activities, lesson and trips
- **Sunscreen:** Parents will be advised that they should apply a broad spectrum sunscreen with an SPF of at least 30 during school hours within the period specified above. Staff should avoid applying sunscreen to children, and should only do so with prior parental permission if this is required for any reason
- **Water-based activities:** When participating in outdoor water-based activities, parents should be advised prior to the event taking place that sunscreen should be applied and must also be water-resistant. Swim caps should be encouraged
- **Sunglasses:** An appropriate hat (see specifications above) significantly reduces the level of UVR reaching the eyes. If parents want their children to also wear sunglasses, this is permitted. It is recommended that these should be close fitting and cover as much of the eye area as possible. Sunglasses should meet the Aus/NZ Standard 1067.
- **Role modelling:** Staff have a key role to play in modelling and promoting 'Sunsafe' practices, and are expected to act as role models by:
  - wearing sun protective hats and clothing when outside
  - applying broad spectrum sunscreen with an SPF of at least 30
  - using shade whenever possible
  - promoting and modelling 'Sunsafe' messages and reminding students of the requirements of this policy as appropriate
- Staff and families are to be provided with clear information on the requirements and guidelines set out above at enrolment and through home/school communications.

**Related Policies:**

Health & Safety  
Uniform Policy  
Supervision of Children Policy

Signed: Annette Quesado  
Presiding Member

Date: October 2022

**Policy review details**

Version / date: October 2022  
Review cycle: Bi-annual  
Date for next review: October 2024