



Timaru Christian School Procedures

HS4 – Sun Safety

During Terms 1 and 4, between 11 am and 4 pm, the school models “sun safe” practices and ensures that staff and students take the following steps to protect themselves.

The staff:

- encourage children to protect themselves with broad spectrum SPF30+ sunscreen (which the school provides) and by sitting/playing in the shade where possible.
- require students to wear hats which protect the face, neck, and ears, whenever they are outside and involved in school activities after 11 am. Students at school without a hat must remain in an allocated shaded area or inside at break times. Hats must be broad-brimmed (min. 7.5 cm), or legionnaire/bucket hats (min. 6 cm brim, deep crown). These hats provide significant protection to the eyes.
- model appropriate sun safe behaviour when they are outside and involved in school activities, by wearing hats, and making use of shade whenever possible. Parents are also encouraged to wear sunhats and be positive role models when picking up children or participating in school activities.
- recommend the use of t-shirts and rash vests or suits when students are at risk of extended exposure, such as during swimming or picnics.
- encourage children to wear clothing that protects the skin from the sun (for example, shirts with sleeves and collars).
- try to schedule outdoor activities to minimise exposure to the sun during the summer.
- include sun protection in the risk management plan developed for EOTC activities.

The school educates the whole school community by:

- providing information about skin cancer and its health risk in class programmes every year (www.sunsmartschools.co.nz).
- alerting caregivers and the community to the health problem of excessive UVR by posters, pamphlets, and information in school newsletters.

The board of trustees:

- includes shade creation in its property planning.
- ensures ongoing assessment of SunSmart behaviour, shade provision, and curriculum emphasis.

What about Terms 2 and 3?

Note: There are benefits from sun exposure, including Vitamin D absorption which is important for the development of healthy bones, muscles, and teeth. During Terms 2 and 3 students do not need to wear hats or sunscreen, or stay in the shade. They should be encouraged to actively enjoy the sun. However, as UVR levels increase in September (before the end of Term 3), if students are outside for extended periods of time eg sports events, they will be encouraged to wear sun protection during that time.

Date of last review: Term 3, 2020
Date of next review: Term 4, 2022

Signed _____