
Macleans College - POLICIES & DIRECTIVES

SECTION NO: **1100**

POLICY NO: **1113**

ISSUE DATE: 15/03/07

LAST REVIEW 18/10/16

TITLE: **SAFE SCHOOL POLICIES**

ISSUE NO: 2

PAGE: 1 OF 2

Sun Cover Up

RATIONALE:

New Zealand has one of the highest incidences of melanoma in the world and it is increasing rapidly. Over 4000 people will develop melanomas and approximately 300 people will die of it per year.

Sunburn, particularly during childhood and adolescence, is a major cause. Much of this cancer could be prevented if we changed attitudes to sunburn and tanning. Secondary students are particularly at risk because of their age and because of their attitudes and life style.

- School hours fall during the high risk period of the day and UV radiation increases sharply from October to March.
- Most teenagers admire a suntan and believe it is healthy.
- Most do not take precautions to protect their skin and do not regard sunburn as a serious health issue.

If sun protection becomes a discipline issue, students are much less likely to adopt protective behaviour willingly. Staff are unlikely to enforce such a ruling.

To change students' behaviour will require a major shift in attitude. This can be obtained over time through ongoing education. This change in behaviour needs to be such that it continues outside school hours and to be life long.

PURPOSES:

The Macleans College Sun Cover Up Policy has the following goals:

- 1 To increase the students' and community awareness of melanoma and practical means of protection.
- 2 To develop strategies which encourage responsible decision making about skin protection.
- 3 To work towards a school environment which provides shade for students and staff.

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PAGE: 2 OF 2

- 4 To encourage students and staff to wear protective clothing, hats and sunscreen for outdoor activities at high risk times.

PROCEDURES:

- a) The procedure that needs to be taken is covered in four areas:

1 Behaviour

This could include for staff and students the encouragement of:

- Wearing hats for Physical Education classes, sports days, duty, school camps and trips.
- Applying the supplied broad spectrum SPF15+ sunscreen before going out in the sun.
- Staying in the shade where possible and not sunbathing. During sit down lunch, the students should eat inside their whanau house or in the shade.

- b) At Athletics Day and Picnic Day all students, whether competitors or spectators must wear a hat when not actively competing in events.

2 The Environment

This could include:

- Planting trees for shade.
- Shade provisions in future development of the grounds.

3 The Curriculum

This could be achieved through health education across the school curriculum, eg Physical Education, Science, Social Studies and within the health and physical wellbeing stand. The students will be encouraged to:

- Take personal responsibility for their own skin care.
- Develop their knowledge of skin cancer risks and ways of protecting their skin.
- Think about their attitudes to skin care.

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PAGE: 3 OF 2

4 Maintaining Momentum and Evaluation

Progress in achievement of this shall be reviewed within the physical wellbeing programme and by house leaders.