

OAK PARK UNIFIED SCHOOL DISTRICT BOARD POLICY

Series 5000

Students

BP 5141.25(a)

Sun Safety

The Governing Board of Oak Park Unified School District (along with the California Department of Health Service and the U.S. Centers for Disease control and Prevention, and other organizations) recognizes that the sun's ultraviolet (UV) radiation can cause skin cancer. To help prevent the development of skin cancer, students will receive instruction, encouragement, and environmental support to avoid overexposure to the sun when they are outdoors. Accordingly, the Board recommends that schools implement a sun safety program that addresses the following elements:

Hats and Protective Clothing

Students will be encouraged to wear articles of sun-protective clothing, including hats, when outdoors. Schools may specify the type(s) of clothing and hats that are, or are not, permissible on campus. The principal or designee may assess physical education uniforms to determine if and how they might be modified to better protect students from exposure to UV rays.

Hydration

Students will be encouraged to maintain proper hydration during physical activities and athletic practices and events.

Sunscreen and Lip Balm

Students will be encouraged to carry and use sunscreen and/or sun-protective lip balm.

Sunglasses

When students are outdoors they will be encouraged to wear sunglasses which protect the eyes from UV rays. Schools may specify the type(s) of sunglasses that are, or are not, permissible on campus.

Time Scheduling and Shade

The principal or designee of each school site will survey the school campus to identify existing shaded areas, and non-shaded areas where the addition of shade would be practical and desirable. Staff will optimize shade options and students and staff, will be encouraged to utilize the shaded or indoor areas for congregation and recreation as appropriate. Priority will be given to including ample shade in new construction plans and adding shade when remodeling school facilities. As scheduling permits, outdoor activities should occur between 10:00 a.m. or after 4:00 p.m. between February and November. However, scheduling constraints should not reduce to total time students engage in physical education or activity.

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Education

Teachers will be encouraged to provide skin cancer prevention education at each grade level, Kindergarten through 12, which relates to skin cancer, including information about the harmful effects of UV rays and recommended practices for preventing skin cancer. The program may utilize, but will not be restricted to, available curriculum, education materials, and resources listed by the California Department of Health Services.

Parent-Guardian Communication

Schools will be encouraged to inform parents and guardians about the importance of, and strategies for, preventing skin cancer. The communication will include, but will not be limited to, details of the school policy relating to hats, sun-protective clothing, sunscreen usage, uniforms, and sunglasses. Schools should also urge families to reinforce sun-safe behavior outside the school and to support the school's sun safety programs.

Staff

Schools will be encouraged to educate their staff about the impact of skin cancer and skin cancer prevention, including sun protection methods, and will be encouraged to model sun-safe behavior for students.

Health Services

School nurses and health educators will be encouraged to promote, reinforce, and support sun protection and skin cancer prevention efforts for students and their families and staff.

Implementation and Evaluation

Schools will be encouraged to annually evaluate and revise sun safety programs. Schools will be encouraged to implement sun safety programs all year, especially during, but not restricted to, the months of February to November.

Adopted: 9-19-06

Resources:

California Department of Health Services Skin Cancer Prevention Program:

<http://www.dhs.ca.gov/ps/edic/cpns/skin/default.htm>

Sun Safety for Kids, a California non-profit: <http://www.sunsafetyforkids.org>

Centers for Disease Control and Prevention (CDC), "Guidelines for School Programs to Prevent Skin Cancer."

Morbidity and Mortality Weekly Report 51, No. RR-4 (April 26, 2002) Available online at

<http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5104a1.htm>

National Association of State Boards of Education, "Fit Healthy and Ready to Learn, Part II: Sun Safety." Ordering information online at: <http://www.nasbe.org/HealthySchools/fitthealthy.html>

World Health Organization: Sun protection in schools – An education package to protect children from ultraviolet radiation. <http://www.who.int/uv/en/>