

RSU #63

- a. NEPN/NSBA Code:** JLCDA
- b. Title:** Individual Sun Protection
- c. Author:**
- d. Replaces Policy:**
- e. Date Approved:** 02/27/2017 RSU #63
- f. Previously Approved:** 08/22/2005
- g. Policy Expiration:** Review as Needed
- h. Responsible for Review:** Superintendent, School Nurse, & Policy Committee
- i. Date Reviewed:** 01/09/2017 Superintendent/School Nurse
01/09/2017 Policy Committee
- j. References:** American Academy of Pediatrics website
- k. Narrative:**

The Board of Directors (the Board) understands that lifelong sun protection is recommended starting at an early age. Education about ultra-violet rays (UVR) exposure is important for all children, especially those at high risk of developing skin cancer: children with light skin and eyes, who freckle or sunburn easily, or have a family history of melanoma. Rates of skin cancer – including melanoma, the most serious form of skin cancer – continue to rise, even in young people.

- I.** The first and best line of defense against overexposure to the sun is to cover up. Wearing a hat with a 3-inch brim, sunglasses, and cotton clothing will help. Timing outdoor activities to minimize exposure during peak intensity hours between 10 A.M. and 4 P.M. when possible, and applying sunscreen as directed, will reduce the risks of exposure.
- II.** To educate and encourage responsible sun exposure behavior, the following measures will be taken:
 - A.** Prior to any outdoor field trips, information will be placed in the various means of communicating with parents recommending the following:
 - 1.** Apply sunscreen with a sun protector factor (SPF) of at least 30 prior to coming to school,
 - 2.** Teachers or adults on field trips will supervise sunscreen use as needed,
 - 3.** Due to potential allergic reactions to various ingredients in sunscreens, sunscreen will not be shared,
 - 4.** Hats should be worn outdoors, and
 - 5.** Sunglasses should be worn when outdoors.
 - B.** Information about sun/UVR protection will be included in student handbooks sent home at the beginning of the school year.