

MIDDLETOWN UNIFIED SCHOOL DISTRICT

Policy 5141.7: Sun Safety

Status: Approved

Original Adopted Date: 11/8/2023

The Governing Board recognizes that overexposure to ultraviolet (UV) radiation from the sun and artificial sources such as sunlamps and tanning beds is linked to the development of skin cancer, eye damage, premature aging, and a weakened immune system and that children are particularly vulnerable to the effects of overexposure. The Board desires to support the prevention of excessive UV radiation exposure by students and to assist students in developing sun-safe habits to use throughout their lives.

The Superintendent or designee shall establish a developmentally appropriate prevention/intervention program for grades K-12 to prevent student overexposure to UV radiation. He/she may coordinate sun safety and UV radiation education and policy efforts with the California Department of Public Health, the local health department, and other local agencies and/or community organizations. He/she shall involve students, parents/guardians, and the community in support of such school-based programs.

The Superintendent or designee shall incorporate sun safety elements into the curriculum in order to increase students' understanding of the health risks associated with overexposure to UV radiation from the sun or artificial sources and to encourage students to engage in preventive practices.

Students shall be encouraged to take reasonable measures to protect their skin and eyes from overexposure to the sun while on campus, while attending school-sponsored activities, or while under the supervision and control of district employees.

To encourage and assist students to avoid overexposure to the sun when they are outdoors:

1. Students shall be allowed to wear sun-protective clothing, including, but not limited to, hats. (Education Code 35183.5)
2. Students shall be allowed to wear UV-protective sunglasses outdoors.
3. Students shall be allowed to use sunscreen during the school day without a physician's note or prescription. (Education Code 35183.5)

Those students using sunscreen shall be encouraged to apply sunscreen at least 15-20 minutes prior to any outdoor activity that will require prolonged exposure to the sun. School personnel shall not be required to assist students in applying sunscreen.

4. Students shall be allowed to use UV-protective lip balm.

The Superintendent or designee shall evaluate the adequacy of shaded and/or indoor areas for recreation at each school and shall consider the provision of sufficient shaded areas in plans for new construction or modernization of facilities.

The Superintendent or designee may monitor the UV Index and modify outdoor school activities with regard to the risk of harm associated with the Index level.

Staff shall be encouraged to model recommended sun-safe behaviors, such as avoiding excessive sun exposure, using sunscreen, and wearing hats and other sun-protective clothing.

The Superintendent or designee shall inform school staff and parents/guardians of the district's sun safety measures and shall encourage parents/guardians to provide sunscreen, lip balm, hats, and other sun-protective clothing for their children to use at school. The Superintendent or designee also may provide information to parents/guardians about the risks of overexposure to UV radiation and preventive measures they may take to protect their children during nonschool hours.

Policy Reference Disclaimer:

These references are not intended to be part of the policy itself, nor do they indicate the basis or authority for the board to enact this policy. Instead, they are provided as additional resources for those interested in the subject matter of the policy.

State	Description
Ed. Code 35183.5	<u>Sun protection</u>
Ed. Code 51210	<u>Course of study for grades 1-6</u>
Ed. Code 51220	<u>Course of study for grades 7-12</u>
Ed. Code 51890-51891	<u>Comprehensive health education programs and community participation: definitions</u>

Management Resources	Description
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California Department of Education Publication	Health Framework for California Public Schools: Kindergarten Through Grade Twelve, 2003
California Department of Public Health Publication	School Systems: The Importance of Promoting and Providing Sun Protection, 2006
California Department of Public Health Publication	California Early Childhood Sun Protection Curriculum, rev. April 1999
California State PTA Resolution	Sun Safety: Skin Cancer Prevention Measures at School, May 1, 2005
Centers for Disease Control & Prevention Publication	Guidelines for School Programs to Prevent Skin Cancer, April 26, 2002
CSBA Governance and Policy Services Brief	Sun Safety in Schools, July 2006
National Assoc of State Boards of Education Pub	Fit, Healthy and Ready to Learn: Part II: Policies to Promote Sun Safety and Prevent Skin Cancer, 2002
Website	<u>CSBA District and County Office of Education Legal Services</u>
Website	<u>American Cancer Society</u>
Website	<u>California Department of Education, Health Services</u>
Website	<u>California Department of Public Health, Skin Cancer Prevention Program</u>
Website	<u>National Council on Skin Cancer Prevention</u>
Website	<u>National Safety Council, Environmental Health Center</u>
Website	<u>Sun Safety for Kids</u>
Website	<u>U.S. Consumer Product Safety Commission</u>
Website	<u>U.S. Environmental Protection Agency, Sunwise Program</u>
Website	<u>UV Index</u>
Website	<u>World Health Organization</u>
Website	<u>American School Health Association</u>
Website	<u>Shape America Society of Health and Physical Educators</u>
Website	<u>National Association of State Boards of Education</u>
Website	<u>California State Parent Teacher Association</u>
Website	<u>Centers for Disease Control and Prevention</u>

World Health Organization
Publication

Sun Protection and Schools: How to Make a Difference, 2003

World Health Organization
Publication

Sun Protection: A Primary Teaching Resource, 2003

Cross References

Code	Description
3511	<u>Energy And Water Management</u>
3511	<u>Energy And Water Management</u>
3514	<u>Environmental Safety</u>
3514	<u>Environmental Safety</u>
5132	<u>Dress And Grooming</u>
5132	<u>Dress And Grooming</u>
5141.6	<u>School Health Services</u>
5141.6	<u>School Health Services</u>
5142	<u>Safety</u>
5142	<u>Safety</u>
6142.7	<u>Physical Education And Activity</u>
6142.7	<u>Physical Education And Activity</u>
6142.8	<u>Comprehensive Health Education</u>
6142.8	<u>Comprehensive Health Education</u>
6145.2	<u>Athletic Competition</u>
6145.2	<u>Athletic Competition</u>
6153	<u>School-Sponsored Trips</u>
6153	<u>School-Sponsored Trips</u>
7110	<u>Facilities Master Plan</u>