

Promotion of Sunsafe and Wearing a Rash Top while swimming

We are now into our fourth week of term one - 2019, with on-going hot, sunny days, so this is a timely Sunsmart reminder.

It is great to report that children are showing greater independence and self management by making sure that they have their school sun hats on whilst outside. Thank you so much.

We have also appreciated the community taking on our recommendation of children wearing a '**RASH TOP**' during their swimming sessions at Elmwood Normal School. We would appreciate your continued support. Therefore could you please check that your child has packed their Rash Top with the rest of their swimming gear.

As we are all aware, overexposure to solar ultraviolet (UV) radiation is a considerable public health concern in NZ. New Zealand has among the highest melanoma rates in the world. Melanoma is one form of skin cancer. Excessive exposure to ultraviolet radiation (UVR) from the sun causes sunburn, skin damage and increases the risk of skin cancer. Getting sunburnt in childhood and adolescence will increase the risk of melanoma and other skin cancers in later life.

Once again, thank you very much for your support.

Kind regards

Sarah Hughey
Head of Health



Please refer to the Elmwood Normal Schools [Schooldocs](#) - 'Policies and Procedures Sunsafe Behaviour'.