



MOUNT TAMALPAIS SCHOOL SUNSMART SUN PROTECTION POLICY

Parents and schools have an important duty to educate and to care for young people. MTS has adopted a SunSmart policy to educate our extended community (parents, students and staff) of the importance of appropriate sun protection and to foster an environment that cares for our long-term health. Sunburn is a foreseeable outcome of exposure to the sun and there is now considerable evidence linking exposure to UV radiation, particularly during childhood and adolescence, to the development of skin cancer later in life. Staff and parents should model SunSmart behavior; wearing hats, sunscreen and protective clothing to avoid dangerous overexposure to the sun's UV radiation.

Rationale

Overexposure to ultraviolet (UV) radiation can cause serious health effects, including skin cancer and other skin disorders, eye damage and cataracts, as well as immune system suppression. UV radiation comes directly from the sun, but is also scattered and reflected by surfaces such as buildings, concrete, sand and water. UV radiation is invisible. It is not warm and passes through clouds, so sunburn can occur on cool or cloudy days.

Currently, one in five Americans will develop skin cancer during their lifetime. The incidence of melanoma, the most serious type of cancer, is increasing faster than almost every other form of cancer. In total, skin cancers accounting for around 80% of all new cancers diagnosed each year.

The major cause of skin cancer is exposure to ultraviolet (UV) radiation from the sun over many years, particularly during childhood and adolescence. Even if exposure does not cause obvious sunburn, damage still occurs and accumulates over the years. UV radiation is most intense in Marin during March through October – 4.5 months of the school year.

MTS SunSmart Policy Objectives

The goals of the SunSmart Policy are to:

- Increase student and community awareness about sun protection and the risks of skin cancer.
- Encourage the entire school community to use a combination of sun protection measures.
- Work towards a safe school environment that provides hats as part of the school uniform, provides sun protection clothing as part of the school uniform and provides sunscreen to its students and staff.
- Integrate sun protection into its education curriculum and assist students to be responsible for their own sun protection
- Ensure that families and new staff are informed of the school's SunSmart policy

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MTS SunSmart Sun Protection Strategies

All children and staff use a combination of sun protection measures throughout the day to ensure they are well protected. Particular care is taken between 10 am and 2 pm (11 am and 3 pm daylight saving time) when UV levels reach their peak.

Our SunSmart policy is considered when planning all outdoor events; e.g., assemblies, camps, excursions and sporting events. When possible, we have outdoor activities or events earlier in the morning or later in the afternoon, or we try using indoor venues.

Hats

We will incorporate hats into our school embroidered logo uniform and offer various style alternatives to both students and staff. Children and staff will be reminded and strongly recommended to wear hats whenever they are outside. The school will provide uniform hats that protect their face, neck and ears; i.e., baseball, long-bill, legionnaire and broad brimmed bucket hats.

Sunscreen

We will make SPF 30+ broad spectrum and water resistant sunscreen readily available for the use of all students and staff. Sunscreen is to be applied at least 20 minutes before going outdoors and reapplied every two hours if outside for long periods. Children and staff will be reminded and strongly recommended to have applied sunscreen before they go outside.

Clothing

Sun protective clothing is under consideration to be included in our school uniform and sports uniform, but it is not at this time. When appropriate sun protective clothing has been fully sourced, we will update our SunSmart policy. In the future, we look forward to updating the school embroidered logo uniform to incorporate sun protective clothing

Shade

The school will make sure there is a sufficient number of shelters and trees providing shade in the school grounds particularly in areas where students congregate; e.g., lunch, outdoor lesson areas and popular play areas.

Role modeling

Staff act as role models by:

- wearing sun protective hats, clothing and sunglasses when outside
- applying SPF 30+ broad spectrum, water resistant sunscreen
- seeking shade whenever possible

Families and visitors are encouraged to use a combination of sun protection measures (sun protective clothing and hats, and sunscreen) when participating in and attending outdoor school activities.

Curriculum

Programs on skin cancer prevention are included in the curriculum for all grade levels. SunSmart behavior is regularly reinforced and promoted to the whole school community through newsletters, school homepage, parent meetings, staff meetings, school assemblies, student and teacher activities and on student enrollment.

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Review

The school council and staff monitor will review the effectiveness of the sun protection policy and revise the policy when required.

Why Mount Tamalpais School in Mill Valley, CA?

Marin County is well known as a desirable place to live in given both its sunny climate and the many “healthy” outdoor activities either available or offered to its citizens. Since 80% of our lifetime sun exposure occurs before age 18, and Marin children and families spend a considerable amount of time outdoors, our goal is to model appropriate behavior and educate our extended community on the importance of daily use of sun screen and sun-protective clothing.

There are several environmental factors that make Marin a uniquely dangerous environment for sun overexposure:

First, few people realize that Marin’s latitude (which has a direct relationship to the relative strength/danger of the sun’s rays) is roughly equal to that of Sicily, Italy - where it is regularly extremely hot and the generally olive skinned population has much more skin pigmentation to protect them from the sun’s UV radiation.

Second, the Pacific Ocean current travels north to south from Alaska towards Mexico. This “natural air conditioner” produces a wonderfully mild climate in the Bay Area. The resulting cool air temperature masks the power of the sun’s strength/danger because it is rarely uncomfortably hot here in Marin.

Third, the cool Pacific Ocean water and the hot Central Valley temperatures often create the world renowned Bay Area fog. Fog and clouds do not provide any material filtering or protection from the power of the sun’s UV radiation strength/danger. However, people are regularly deceived by the cool air and the fact that the sun is often hidden.

Quick Facts About Skin Cancer:

- Skin cancer is now the most common form of cancer in the United States.
- Since 1973, the rate of new cases of melanoma diagnosed in the United States has doubled and the rate continues to increase.
- A recent estimate indicates that 1 in 5 Americans will suffer from skin cancers in their lifetime
- 80% of our lifetime sun exposure occurs before age 18
- There is a significantly greater incidence of melanoma skin cancers in caucasian populations, especially those with a fair complexion, hazel or blue eyes, and blond or red hair.

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APPROVED MOUNT TAMALPAIS SCHOOL UNIFORM HATS

The Mount Tamalpais School SunSmart Sun Protection policy recommends hats that provide shade to the face, back of neck, eyes and ears. Broad-brimmed hats, bucket hats and legionnaire hats all offer good protection, providing the brim width is sufficient. A hat should always be worn in combination with other forms of sun protection.

Why hats?

Common sites of skin damage and skin cancer are the neck, ears, temples, face and nose. These areas are constantly exposed to the sun and therefore, generally receive more UV radiation than other body parts.

Wearing a hat is one way to protect the face, back of the neck, eyes and ears. Hats should always be used in combination with other forms of sun protection such as always applying sunscreen, wearing sun protective clothing and seeking shade.

Which type of hat?

MTS recommends hats that provide good shade to the face, back of the neck, eyes and ears when in the sun. A broad-brimmed bucket hat or Legionnaire hat are considered the best as they provide good shade around the entire head, face, back of the neck, eyes and ears.

Approved Mount Tamalpais School Uniform Hats

Broad Brimmed Bucket Hat

Made with MCS Blocker[®] lightweight nylon this hat will twist into a palm sized pocket to travel anywhere. Full broad brim and UPF 50+ fabric for excellent sun protection.



Specifications:

Khaki w/Olive under brim and Chinstrap

UPF 50+

Brass screen vents

Everdry sweatband

Sizes:

Small (head circumference up to 21 3/8 inches)

Medium (head circumference up to 22 1/2 inches)

Large (head circumference up to 23 3/4 inches)

X Large (head circumference up to 24 1/2 inches)

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Legionnaire Hat

Legionnaire-style hats should have a flap that covers the neck and meets the sides of the front peak to provide protection to the side of the face. Legionnaire-style hats are more suited to active use and work involving bending.

Fabric of lightweight UV nylon treated with ceramic coating designed to reflect UV rays. Neck cape, terry cloth sweatband, sewn eyelets, matching fabric lining only behind front panel for easier embroidery.

Specifications:

Khaki

UPF 45+

Adjustable Velcro closure

Sweatband

Available in both Youth and Adult sizes

Youth Size: Adjustable

Has internal tunneled elastic strap for size adjustment



Adult Size: Adjustable

Neck cape includes interior zipper pocket for cape storage

Metal clip to attach to collar

Cord barrel lock closure for size adjustment



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Sunshield Long Brim Baseball Hat

Lightweight nylon treated with ceramic coating to reflect UV rays, low profile, extra long visor with green underneath. Six-panel construction, self-fabric strap with Velcro® closure and comfortable elastic loop. Matching fabric lining behind front panel for easy embroidery. Adams exclusive Cool Crown mesh lining will be introduced throughout the year.



Specifications:

Khaki
UPF 45+
Adjustable Velcro closure
Sweatband
One Size Fits All

Standard Navy Baseball Hat

High quality 100% cotton brushed twill fabric. Traditional 6-panel design with low-profile unconstructed crown. Self-fabric closure with d-ring slider. Standard visor length. Fully saturated Navy Blue color on hat and visor.



Specifications:

Navy Blue
Adjustable fit with d-ring slider
Available in both Youth and Adult sizes

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Logo Clothing Item



“Embroidered” School Uniform SunSmart Hats

Bucket, Legionnaire hat and Sunshield baseball cap in KHAKI with Navy Embroidered School Logo

Baseball cap in NAVY with white Embroidered School Logo

Child's Name _____ Grade _____



Broad Brimmed Bucket Hat **\$20.00 per hat**
Small (head circumference up to 21 3/8 inches) _____
Medium (head circumference up to 22 1/2 inches) _____
Large (head circumference up to 23 3/4 inches) _____
X Large (head circumference up to 24 1/2 inches) _____



Legionnaire Hat **\$17.50 per hat**
Youth Adjustable _____
Adult Adjustable _____



Sunshield Long Brim Baseball Cap **\$15.00 per cap**
One-Size / Adjustable _____



Standard Navy Baseball Cap **\$12.50 per cap**
Youth Adjustable _____
Adult Adjustable _____

Total enclosed \$ _____

Check _____ or Visa/MC # _____ Exp. Date _____

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SUNSCREEN INFORMATION

Mount Tamalpais School recommends that sunscreen be used as a means of reducing the risk of skin damage from ultraviolet (UV) radiation when exposure to the sun is unavoidable. Sunscreen should not be the first choice nor should it be used as the only method for sun protection. Sunscreen should be used in conjunction with other methods of protection such as spending less time in the sun when UV radiation is highest, wearing hat/protective clothing and seeking shade.

How Sunscreen Works

Sunscreen filters out most UV radiation before it reaches the skin. The ingredients in sunscreen absorb UV radiation and can also scatter or reflect UV radiation away from the body. Broad spectrum sunscreen filters both UVA and UVB radiation.

UVA / UVB and Broad Spectrum

There are two different types of UV rays in sunlight: UVB light causes surface sunburn, while UVA light penetrates and causes deeper connective tissue damage - even when the skin surface feels cool. UVA light is the culprit for premature aging and cellular damage. With the number of sunscreens on the market, it's important to purchase broad spectrum sunscreen that will protect you from both UVB and UVA rays.

Sunscreen works by filtering out most of the UV radiation from reaching the skin by means of a chemical barrier that absorbs part or all of the UV radiation. Reviews say that sunscreen ingredients are just starting to catch up with the discovery of how bad UVA rays are, and unless the product contains avobenzone (also called Parsol 1789), titanium dioxide, or zinc oxide, or Mexoryl SX, or Tinosorb you're not protected from UV radiation.

Sun Protection Factor (SPF)

The SPF (sun protection factor) rating indicates the level of protection offered by the product. Products rated SPF 30+ provide maximum protection, as they filter out 96% of UV radiation. No sunscreen product filters 100% of UV radiation.

Sunscreens have to comply with strict regulations and carry an SPF label of between 15 and 60. The sun protection factor is a ratio derived in a laboratory by measuring the increased amount of radiation necessary to cause redness in the skin when the test product is applied, compared to when it is not used at all.

This cannot be used to work out burn times when the product is used in everyday life. The SPF number is only a guide to its relative strength. How long a person will take to burn depends very much on the time of day, the time of year, the amount of reflection, how cloudy it is and their skin type. It is almost impossible to calculate all these things in everyday situations.

Generally accepted recommendation is to use a maximum strength SPF 30+ water resistant sunscreen and to reapply at least every two hours.

Many people don't use enough sunscreen, and don't re-apply it every two hours. Therefore they may not be receiving the level of protection indicated on their sunscreen product.

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Choosing a sunscreen product

- Choose broad spectrum SPF 30+ water resistant sunscreen.
- Make sure it contains some combination of: Avobenzone (also called Parsol 1789), Titanium Dioxide, Zinc Oxide, Mexoryl SX, or Tinosorb.
- Sunscreen comes in creams, lotions or gels. All work equally well.
- Price does not necessarily indicate quality.
- All sunscreen products should include an expiration date. Most sunscreens will last 2-3 years if stored at room temperature.
- For sensitive skin, try a fragrance free product, or one designed for toddlers.

Applying sunscreen for best protection:

- Apply generously - adults should use about a teaspoon for each limb and ½ teaspoon for the face, ears and neck. Most people do not apply enough sunscreen.
- Apply sunscreen 20 minutes before going outdoors to clean, dry skin. This gives it time to bond to the skin.
- Re-apply sunscreen every two hours or more often if you are swimming or sweating a lot.
- Never use sunscreen to extend the time you would normally spend in the sun.

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SUNSCREENS FOR YOUR CONSIDERATION

Sunscreen reviews hail Neutrogena's Ultra Sheer UVA/UVB Sunblock Lotion as an excellent general-use sunscreen. It has Parsol 1789 (avobenzone) for UVA protection, and is fragrance and oil-free. Since UVA light is the main culprit responsible for long-term skin damage, experts say it's essential to use a sunscreen that contains UVA protection; surprisingly not all sunscreens protect against UVA. Neutrogena sunscreen is claimed to not sweat or towel off, or run into the eyes. It comes in SPF 45.

<http://www.drugstore.com/templates/browse/default.asp?catid=40454&trx=BSMMP-7519&trxp1=HP%2D24530&trxp2=0&trxp3=40454&brand=7519>

L'Oreal's Ombrelle is a small sunscreen line distributed widely in Europe and Canada. L'Oreal uses avobenzone in all of their adult sunscreen products; for this reason, reviews say Ombrelle is another good option for a general-use sunscreen. In addition, Ombrelle contains Mexoryl, which is the most effective UVA-blocking ingredient available, according to dermatologists. Although Mexoryl is currently approved for use in Canada and Europe, the U.S. Food and Drug Administration hasn't yet approved it for use in the U.S., so Ombrelle is not yet widely available here. Ombrelle's kids' formulas contain titanium dioxide, another recommended UVA protective ingredient that's gentler on children's more-sensitive skin.

<http://www.granvillewellness.com/searchresults.aspx?txtSearch=ombrelle>

Dermatologist recommended La Roche Posay's Anthelios is unique. Mexoryl SX, a patented filter, has an unequalled spectrum of absorption at short UVA wavelengths (those responsible for skin aging and solar intolerance). It is photostable and offers a complete photoprotection against short UVA, long UVA and UVB rays. Its long lasting protection has been tested highly tolerable on the most sensitive skin types. Protection from the sun is optimal in La Roche Posay Sunscreens. <http://www.feelbest.com/pages/anthelios.aspx>

UV Natural makes a fragrance adult sunscreen that is excellent and endorsed by the Breast Cancer Fund Safe Cosmetics Campaign. Women will enjoy the fact that they can wear their make-up over the top due to the non-greasy feel. Importantly, you don't need to "double up" on your sunscreen - one tube does both the body and the face. This sun screen has a feel more akin to a moisturizer than the traditional texture of sunscreens.

<http://www.dermatologistrx.com/cart/searchOne.asp?Criteria=19038>

More information available via

http://www.consumersearch.com/www/family/sunscreen/index.html?source=adwords&gclid=CLfji_f3v4UCFRG-JAodHQ2IsA

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GENERAL SUN PROTECTIVE CLOTHING & HAT INFORMATION

UPF sun protective clothing is under consideration to be included in our school uniform and sports uniform. When appropriate sun protective clothing has been fully sourced, we will update our SunSmart policy. We look forward to updating the school-embroidered logo uniform to incorporate UPF sun protective clothing. A material's UPF rating is based on the percentage of UV radiation transmitted through the material. Due to their light, breathable fabric, many people find this clothing to be very cool and comfortable even on the hottest of days.

Presently, the Mount Tamalpais School SunSmart Sun Protection policy simply recommends that students and staff cover as much of the skin as possible/comfortable with clothing; i.e., long pants, long sleeved shirts, etc.

Fabric type, color and design:

Different fabrics have different UV radiation absorbing properties. Closely woven fabrics offer the best protection because less UV radiation passes through them. Darker colors generally offer more protection than lighter colors. Loose fitting clothes are cool when the weather is hot. The more skin covered, the better the protection.

Factors that may impact a garments sun protection:

Stretching a fabric may decrease its UPF rating. Many fabrics, especially cotton, have a lower UPF rating when wet, depending on the type of fabric and the moisture it absorbs when wet. Repeated washing can enhance the UPF of clothes, especially cotton, by shrinking gaps in the weave. Old, threadbare or faded garments may have a lower UPF rating.

When choosing sun protective clothing it is helpful to look for:

- Clothing made of fabric rated above UPF 30+.
- Tops with collars and at full length sleeves
- Close weave fabric, which will restrict penetration of UV rays

Sun Protection Clothing for Your Consideration: (not MTS school uniform approved)

Sun Precautions based in Everett, WA has a widely acclaimed line of proprietary sun protection clothing called Solumbra that meets medical guidelines. Based on a patented 30+ SPF fabric, Solumbra provides all-day UVA and UVB sun protection, even in tropical climates. Solumbra is a medical device recommended by thousands of dermatologists.

http://www.sunprecautions.com/cgi-bin/sgdynamo.exe?HTNAME=_home.htm

Sun Protection Hats for Your Consideration: (not MTS school uniform approved)

Watership Trading Companie based in Bellingham, WA has an excellent and extensive line of sun protection hats. Watership hats provide optimal sun protection for you and your family. Specific hats in their collection have materials tested and rated EXCELLENT SUN PROTECTION (UPF 50+) by the Textile Research & Testing Lab at Cal Poly State University & AMC Cancer Research Center.

<http://www.watership.com/main.php?navarea=Hats>

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