



SUN POLICY

Sun hats compulsory for ALL WBJS learners

The WBJS Sun Policy has been updated and it will be compulsory for all learners from Grade R - 7 to wear sun hats during the summer terms (Term 1 & 4). This [informational resource](#) (p.2) explains that peak caps do not provide enough protection from the sun, so parents are encouraged to buy the WBJS wide brim hat. However, a peak cap is better than no protection. This [research article](#) states that education in schools around the effects of ultraviolet radiation (UVR) is essential and found that protective clothing such as hats was the least costly method of prevention.

While it has been shown that overexposure to UVR can lead to serious future health problems, there are only a small number of learners who regularly wear hats at school. Our learners are exposed to about 20-35 minutes of sun exposure daily at break times, as well as class swimming lessons, weekly Physical Education education and Sports Skills and extra murals outside. In weeks where we have sports events such as cross country races, sports days or galas, the hours of sun exposure climbs significantly.

As teachers, we have a duty of care towards our learners. We are [committed to educating](#) our learners on the dangers of overexposure to UVR and the ways in which they can care for themselves. Before school starts in January 2023, all learners need to have a WBJS wide brim hat or peak cap that will be brought to school and worn daily. Learners who do not have a hat at school will not be allowed to play in the sun or participate in activities in the sun. They will be required to stay under the shaded areas.